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**EATING  
TO  
BANISH  
DISEASE**



*First published, 1925*

# EATING TO BANISH DISEASE And to Save Civilisation

By  
JAMES RAYMOND DEVEREUX

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Presenting the book in the hope that the great truths contained therein will assist to help his fellow-men, women and children from the pit into which they have fallen, the author humbly subscribes himself

JAMES R. DEVEREUX.

*288 Durham Street,  
Christchurch,  
New Zealand.*



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# EATING TO BANISH DISEASE

## THE HEALTH (?) OF CIVILISED MAN

The health of civilised man to-day is no advertisement for his wonderful intellect. To anyone able to recognise disease at sight, the streets of our cities are a pitiable spectacle. A truly healthy person is a great rarity, and Dr. J. H. Tilden states that not one-tenth of one per cent. of civilised humanity could pass a test for perfect health. This being so, he states there must be something desperately wrong with our manner of living and eating.

A peculiar fact in this connection is that even the most encumbered person somehow or other has the most fatuous ideas as to his or her own state of health.

Eustace Miles in *Self Health as a Habit* gives us examples of this peculiar egotism and self-satisfaction. He quotes two letters :

1. (July, 1918) " I have had all my life excellent health . . . . I was always gouty . . . . since that, had phlebitis . . . . troubled still with my old enemy rheumatism . . . . I get rushes of blood to the head and arms, and palpitations and giddiness supposed to be anæmia . . . . the circulation is not satisfactory, I have much indigestion."

2. (August, 1918) " I have a dilated heart ; but



I understand that it is not very bad, and I have excellent health . . . but I have occasional doses of indigestion, flatulence."

We cannot help being struck by the phrase "excellent health," as Eustace Miles points out.

He states, "Now what one longs to do is to fill these people with divine discontent, and a determination to seek real health. First, however, it is essential to start in these people a mental revolution, and to make them thoroughly ashamed, as they ought to be of their despicably low standard of real health."

I have spoken to men as fat and as bloated as they could well be, and live, and they have the peculiar idea that they are the healthiest people imaginable. In spite of the fact that they could not run a hundred yards without the exertion almost causing collapse, they still have the egotistical view that there is some peculiar health and virtue in their own body which other people do not possess. Their great proof of this, no doubt, must be the evident fact that they have managed long to keep the undertaker at bay. But what of the morrow?

We are all more or less afflicted with the same idea, and it is well to cultivate optimism, but it is futile to hide one's head like an ostrich from inevitable reality.

Another pitfall is that most people have implicit faith that the doctors can cure them if anything does happen to go wrong. The average person when attacked by some illness calls in Dr. Smith or Dr. Brown, who administers any one of a score of different medicines. The final result is the same whether attended by any doctor, or if any one of a thousand medicines are taken—the patient as a rule gets well. This is the person who still has an ex-

aggerated respect for the wonderful knowledge of the doctor. He thinks the doctor and the medicine cured him, whereas more likely than not they delayed his recovery. No doctor can cure. Only Nature cures. Our own vitality is the doctor and it all depends on how we have treated that vitality whether we survive the disease or end prematurely in the graveyard.

Remember that with every meal we have eaten of cooked or wrong foods we have lost some vitality. It is merely a question of debit and credit, and the higher the debit balance becomes, the sooner we must expect the vitality to become bankrupt.

The British Board of Education's Chief Medical Officer, Sir George Newman, has issued a statement which contains the following :

"That there has been a steady and progressive decline in the general physique of the majority of country children is abundantly manifest, nor is the decline associated with any special area, but exists practically all over the rural areas, even in moorland children."

The cause is not far to seek when one has an insight into the problem of diet. A further paragraph in the statement reads :

"Most children start out on a two or three miles' walk to school in all weathers, on a breakfast of tea sops (bread soaked in tea) kettle broth (bread soaked in a mixture of dripping and hot water) or fry (fried mashed potatoes), which forms the staple breakfast of the majority of these children, sometimes with an additional hunk of bread and margarine which is eaten on the way to school. Many, it is true, bring pieces of cake of a very uninviting appearance, which they eat at 11 a.m. The dinner meal consists of mainly "pasties" made from

apples or potatoes and onions and a *soupeçon* of meat. The evening meal consists again of tea and bread, with margarine, supplemented sometimes with fried potatoes or a vegetable stew."

The quantity of starch in these meals is appalling. If only the parents could be persuaded to try similar meals on the fowls or animals about the place—but perhaps the animals are too precious!

We see in our streets faces with the pallor of anæmic conditions, tubercule, or syphilis, the sallowness of aortic valvular disease, chlorosis, dyspepsia and liver troubles, the purple appearance of mitral and congenital heart disease and kidney trouble, and the reddish colour usually associated with increased blood pressure from arterio sclerosis and other troubles. The shiny skin so prevalent nowadays is also indicative of an extraordinarily bad state of health, the body being saturated with what Dr. Knaggs describes as toxin varnish, and the intestines of persons so affected are in a very serious condition.

These conditions so evident in our streets indicate a state of health much worse than the individuals themselves as a rule suspect. The expression of the face is also an index as to internal trouble, and how rarely do we see a truly happy expression, which always accompanies radiant health and vitality?

Then again there are the unsightly and distorted shapes seen everywhere, most people being, to use a common phraseology, either too thin or too fat. Both these conditions are usually signs of digestive troubles, and any departure from just a normal covering of the bones is wrong. We see the correct thing in the clear cut pictures of young men and women in advertisements for collars, or ties, or chocolates in magazines nowadays, and there is no

reason why this normal shape should not persist in old age.

The condition known as being too thin indicates a variety of troubles, very often the villi of the small intestines are perpetually choked with filth. In spite of the fact that large quantities of food are often eaten, the person so affected still remains thin because only the top portions of the villi are extracting nutriment as the food goes past.

Fat cannot come from air, and persons so encumbered usually have their body littered with the results of over-eating and wrong eating, and, as the Americans say, are walking round in their own coffins.

The attitude, the open mouth, misshapen nostrils and noses, and a host of other indications of disease we invariably see in the streets also show the terrible condition into which man has allowed his appetite and ignorance to lead him. I have often thought what a spectacle we should have if we were to line up the first hundred people we meet and send them off on even half-a-mile run, and yet why not? A healthy person should be able to run for miles. We see that even our very best specimens fell unconscious at the Olympic games of 1924 in a so-called long distance run of 10,000 kilometres, which should be only a jog for a healthy person. They were poisoned by wrong foods.

The report of the Chief Medical Officer of the British Ministry of Health for 1923 shows a decline in the death rate from some diseases, especially such as enteric fever, the accepted result of extreme insanitation. The apparently encouraging figures appear to show that more people are being kept alive to become cancer victims, as this disease is yearly increasing. Then again, while deaths from

diseases such as diphtheria and enteric may be declining, we have in 1923 the appalling total of twenty and a half million weeks' work lost through sickness, a loss which cost the country "not less than ten times more than it lost owing to strikes and industrial disputes."

Senator Royal S. Copeland, former health commissioner of New York, makes the following statement regarding venereal diseases in the U.S. Army in the Great War :

"The statistics and figures of the draft show that out of 10,000,000 men, 450,000 had syphilis and 2,225,000 had gonorrhoea, a total of 2,675,000 cases of venereal disease, or about 27 per cent. of the total amount drawn from every walk of life. When our men first went to the cantonments there were 60,000 one day who could not report for duty because of venereal diseases. If the number of infected men who pass you on the street to-day isn't 27 per cent., the total of pre-war days, it is more, but we have shut our eyes and stopped our mouths. As a result, 27 per cent. of infected men get married like other men and infect innocent wives. Eighty per cent. of the operations performed upon women are made necessary because of innocently acquired venereal diseases."

Of 5,835,000 young men—the flower of American manhood—examined for service in the world war, only 3,680,000 were found fit for duty, and of these a very large proportion were no doubt suffering from minor troubles of all descriptions. These figures alone would indicate that nearly half the male population of the United States is seriously lacking physically.

Bernarr McFadden shows that 800,000 Americans die of preventable diseases in a year, but these

figures must be well inside the mark. All deaths from cancer, which is clearly shown by the figures gathered by the Hon. Rollo Russell, by Dr. Robert Bell, by J. Ellis Barker, and many other writers, to be a preventable disease, should be included, and why not include every death from germ infection. Germs cannot harm a healthy person ; they thrive upon and are attracted to toxins and foreign matter in the human body, as flies are attracted to the midden. (See chapter on Germs). Figures show how universally man is impregnated with these poisons and foreign matters when we see that approximately one in every three of our number goes down during an influenza epidemic. There is no reason why our death statistics should not merely consist of deaths from old age, accidents, misadventure, and so on.

In the world at large, tuberculosis claims a victim every eight seconds. In the United States, for instance, it kills more people every three days than went down in the Titanic. The Great War revealed something of the magnitude of this deadly enemy as compared with other diseases. The U.S.A. War Risk Insurance Bureau gave out the statement in 1919 that approximately 3,000 of the American Expeditionary Force had lost arms or legs, about 110 had been blinded, while 5,195 had been adjudged to be suffering from tuberculosis. In other words 2½ per cent. were blinded, 7 per cent. suffered amputations, while 38 per cent. were afflicted with tuberculosis, of all who were taking re-training under the direction of the Federal Board.

Mr. C. B. Pearce in a magazine contribution says :—" Let us follow the prevalence and magnitude of this all prevailing destroyer. The truth will surprise and overwhelm us. Listen ! There

will die this year in U.S.A. of tuberculosis, nearly 200,000 people. This means 500 tuberculosis funerals every day in the year from a disease that is entirely preventable. More than 10,000,000 soldiers were killed in the World War. How does this compare with deaths by tuberculosis in the world at large? Our deadliest enemy claims a victim every eight seconds. Figure this for yourself! It means almost 4,000,000 every year, almost twice as many as were killed in the titanic world struggle in the same length of time. There are to-day in the States alone 1,000,000 people afflicted with this dreadful disease, and these will all die within the next five or six years unless something is done to save them."

More tragic still, as Doctor Robert Bell states in *Cancer, Its Cause and Treatment without Operation*:—"It is not the simple matter of dying that makes disease, and especially cancer, so much to be dreaded; it is the terrible suffering that precedes the fatal issue in each case which clothes statistics with such horror." He further states that "90 per cent. of the suffering from cancer, which at present is terminated by death, might have been avoided."

In England, from 1881 to 1890, of the total deaths, 6.6 per cent. were from cancer; 1891 to 1900, 8.5 were from cancer; 1901 to 1910, 10.9 per cent.; 1911 to 1920, 12.4 per cent., and in 1921 the percentage of deaths from cancer was 15.3, almost one in every six. As these are the total deaths and cancer is prevalent only from about 35 years onwards one can quite believe that one in four of our number now living over the age of forty-five must die of this hell of all diseases. The figures are yearly becoming worse.

Mr. J. Ellis Barker, in *Cancer*, tells us that "cancer is likely to claim in the United Kingdom at least 5,000,000 victims of those now living and in the United States twice that number if the present death rate is maintained. In view of the rapid increase of the cancer death rate throughout the world there is every likelihood that of English people now living, far more than 5,000,000 will be tortured to death by this disease. . . . It seems absolutely inevitable that the cancer mortality will rise to an unbelievable extent unless counter-measures are taken without delay."

Then in proportion to his maturity age, man is the shortest lived animal, and this in spite of the fact that he is so immeasurably superior in intelligence and so called hygienic methods of living and preparing food.

While able, with the aid of his wonderful intellect, to build great steamers and encompass the world with wireless and airships, man does not know how to feed himself, and therefore dies in millions at a ridiculously early age; as we see, he is full of preventable disease of all descriptions; his young are afflicted with all kinds of unnecessary ailments and their teeth rot in their heads at an early age, when the young of any animal should be full of bounding health and vitality. These ailments have become so common that they are merely looked upon as a matter of course, whereas they are a hideous crime perpetrated not only upon the children themselves, but upon future generations:

We must remember that rotting teeth, while in themselves such a serious warning by Nature that our children have been fed wrongly, also mean weakened bone structure in other parts of the body.



Teeth decay is a foul and abominable disease, leading to all manner of serious trouble, and it has increased in proportion to the decrease in the real nutriment in our food. Of a thousand Maori skulls examined in New Zealand, only six were found to have defective teeth. Of the children examined in our schools to-day, only about six in every thousand are found to have perfect teeth by the time they have reached Standard VI. Teeth belonging to prehistoric man can hardly be broken with a hammer, being so hard that sometimes only teeth are left.

Modern investigation as to the causes of the insidious diseases, pellagra, beri-beri, rickets, polyneuritis, tuberculosis, cancer, have positively established that they are all caused by incorrect feeding, and we are safe in stating that an astounding number of diseases can be traced to this source. We recognise this fact as applied to the vegetable and animal kingdom, but have failed to recognise that it also applies to ourselves. We need but consult such authorities as Professor R. H. A. Plimmer and Violet G. Plimmer in *Vitamins and the Choice of Food*; Professor Mellanby in the British Medical Association's Journal, Ragnar Berg in *Vitamins*; Dr. J. H. Tilden in *Food*; J. Ellis Barker in *Cancer*; and Sir W. Arbuthnot Lane.

Dr. R. H. A. Plimmer and Violet D. Plimmer, in *Vitamins and the Choice of Food*, state on page 117: "Sir James McKenzie has recently emphasised the need for research to study the early symptoms of disease, tracing its origin back to the elusive point of departure from perfect well-being. In carrying out feeding experiments upon animals, one cannot but realise that the balance between health and disease, even between life and death, is actually

under control. The scales are so sensitive that they may be swayed in one direction or the other by the addition or subtraction of seemingly trifling quantities of certain food stuffs. A growing animal, provided with plenty of food, can be stunted at will, made to decline almost to the point of death and can be restored with miraculous suddenness by a slight readjustment of the diet.

"One of the earliest signs of inadequacy of diet is a lowering of resistance to infection. In the laboratory, control animals on a normal diet remain healthy, while neighbouring animals on a deficient diet suffer from epidemics of often fatal diseases of the lungs, eyes, and digestive tracts. The hygienic conditions are the same for all, but the infections do not spread from the ill-fed to the well-fed."

When we consider the uniform good health of the wild animals, amongst which disease is the exception instead of the rule, we have something to be ashamed of indeed. Cancer, for instance, amongst domestic animals is not uncommon, the pig being said to be the worst of all animals in this respect; but amongst beasts such as wild cattle, sheep, pigs, monkeys, all in the wild state, it is hardly ever seen. Mr. W. Hunter, the eminent veterinary surgeon, has testified to the extreme rarity of cancer in the lower animals. He knew many veterinary surgeons who had never seen a cancer. "*Signs of Health and Disease in Animals*," *Journal of the Sanitary Institute*, 1901). On the other hand, Dr. Vacher, who has had a large experience, states that cancer occurs not infrequently among domesticated animals. The difference between the wild and domesticated state is mainly in the food.

When our suicidal eating habits are considered it is no wonder that we compare so unfavourably

with our fellow creatures in health, strength, and endurance.

For instance, a gorilla has been known to squeeze a lion to death in its embrace. Apes have bitten through rifle barrels. It takes civilised man, if he has any teeth at all, all his time to crack walnuts. A chimpanzee has actually wrested a sapling from the hands of six British sailors. The gibbon is the most remarkable of all animals for its agility. It can swing forty feet from one limb of a tree to another, and swings through the forest trees in such rapid succession as to rival in speed the flight of birds. It is said to be able to keep this up for hours without fatigue. The orang is sometimes attacked by the crocodile when he goes to the river-side to drink. According to the natives of Borneo, he frequently beats the crocodile to death or rips up his throat by pulling the jaws asunder.

All of these anthropoids live on a simple diet of nuts, fruits, canes, leaves and flowers, and the digestive organs are in some instances almost identical with man's.

Why should not this strength and agility be ours ?

## AMAZING "SCIENTIFIC" IGNORANCE

I wonder if any of you ever pause in the midst of a five or six-course dinner to wonder how the waste of the food which goes in so easily is going to be eliminated. No one seems to have satisfactorily handled this problem. The question of elimination is such an important one in view of our structure that it is worthy of the closest investigation. The digestive tract of meat-eating animals is only about one-third the length of that of man in proportion to the length of the body. Therefore, it is obvious that our body is not designed for the handling of food so liable to putrefaction as the cooked corpses of other animals.

Numerous writers attempt to show us that all our actions are merely reflexes. The very shape of the forms of living creatures is impressed from without, and is a reflex from their environment.

A living structure is an organism subject to irritability—capable of registering some sort of a reflex action. This is the difference between what we know as life and death.

From the moment that food enters our mouth a series of reflexes is commenced. Or, rather, from the time we see the food or even think of it, certain reflexes take place. Stimulation may be a better word to explain my meaning. The appearance of food brings psychic factors into play in the mouth: it stimulates the activity of the digestive juices and makes the "mouth water."

“ A reflex is made up of a stimulus causing a discharge of energy, transmission of the latter to a centre whereby another energy is discharged, and finally the transmission of energy to the stimulated area. All actions are essentially reflexes, and if this viewpoint is carried further, it means that we have no will of our own and that our actions are simply the result of external circumstances. We are instinctively like ants and bees, and we are creatures of physical forces. All reflexes are purposeful in character; the closing of the eyelid, and the contraction of the pupil protect the eyes from foreign bodies, and the retina from intense light. Irritability and conductivity are the only qualities essential to reflexes, and both are common qualities of all protoplasm.”

Two English physiologists, Bayliss and Starling, have shown that the acid contents of the chyme (food leaving the stomach) release a substance (secretin) from the walls of the small intestine, which finds its way into the blood stream, and thence to the pancreas, there stimulating the flow of the pancreatic juice. This messenger (or hormone) belongs to a group of substances manufactured by ductless glands, but which have not been isolated and are not understood.

It is obvious that the progress of the food through our body is merely one long process of stimulation—but let us consider for the moment the proposition that wrong foods—cooked and easily digested foods, etc.—have lost their stimulating powers long before the final stages of the process has been reached. No one can deny this possibility, for the following reason, to quote Benjamin Harrow, Ph.D., As-

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sociate in Physiological Chemistry, Columbia University :—

"Despite the brilliant work that has been done by many investigators in different lands, many of the details involved in the metabolic process remain a mystery. We know what we put in the mouth, and we can analyse the products eliminated in the fæces, in the urine, in the sweat, and from the lungs ; but the various intermediate steps in the process are not well understood.

"For instance hydrochloric acid is manufactured in the stomach ; just how, we do not know. The fruits we eat do not contain it ; no food does.

"Every physiologist knows perfectly well that we know absolutely nothing about the actual functions and building up of a simple cell and we can see under the microscope nothing but its external form, or at best we may divine its purpose, but as regards the processes working in the interior of the cell during these functions, or, indeed its process of evolution and development, we have not a shadow of a notion, and must avow absolute ignorance." —F. W. Vaughan in *The New Bedrock of Health*.

"The enzymes are found not only in the mouth but in the stomach, in the pancreas, in the liver, in the intestine—in fact in every cell of the body. There is not a reaction in any one of the multitudinous cells of the body in which enzymes are not involved. Our activity is dependent upon theirs ; our very life is dependent upon their presence.

"Yet strange as it may seem, no one has so

far set eyes on an enzyme ; no chemist has so far isolated a substance of this type ; and in this respect enzymes and the no less elusive vitamins have much in common."

Saliva has a certain digestive action upon starch. Scientists can account for every constituent present in saliva, but they fail to bring about this digestive change by the employment of any one constituent or a combination of constituents. They merely conclude that there is something in saliva which baffles all attempts to isolate it, and name it an enzyme. This name sounds good, is as good as any other, and leads the man in the street to think what a wonderful person the scientist must be to know all about enzymes.

These scientific men are really the most dismal of failures. The real mysteries of life are completely beyond them. Until the secret of life itself is discovered their work is doomed to failure. They cannot improve on Nature or even approach her. They have poured chemical substances into the body in a vain effort to give the cells the elements they need. T. B. patients, for instance, who are known to have a shortage of calcium in their bodies, have been dosed with calcium with no good results. Iron tonics are useless, and so on. Nature combines these substances in the only way in which the body will accept them and they must be taken in the form of uncooked foods to obtain the desired effect.

"Through the entire realm of Nature we see that, under certain conditions, forces are convertible one into another. Thus, heat is convertible into mechanical motion, chemical

affinity into electricity, and so on ; and every operation or phenomenon in Nature is attended with some such change, or series of changes. The entire and ever varying phenomena of vegetable and animal life, from the development of a germ-cell to the evolution of a thought are based on the correlation and transmutation of forces.

"It is, however, very generally admitted that there is in Nature a force, a subtle fluid, or universal aura, which pervades all things, and constitutes the active, living, or essential principle of each object, animate or inanimate, which exists. It forms the distinctive characteristic of the stone, the shell, the blade of grass, the tree. It constitutes the living, sentient principle of the insect, the fish, the bird, the human being. It is each of these ; and yet it is superior to all, because it is larger and more diffused. It manifests itself in greater perfectness in proportion as the object of which it is the central innate principle ascends in the scale of creation. It is more perfect in the plant than in the stone, more perfect (relatively) in the animal than in the tree ; in man we have the highest development we know of in the realm of terrestrial existence."—Joseph Ashman in *Psychopathy*.

Let us think for one moment of the aura, or whatever it may be, of a cooked cabbage as compared with that of the living cabbage. Who knows but that our nervous system does not require this subtle fluid ? No one in the world to-day is in a position to make a definite statement. Common sense forces us to the conclusion, however,—why



take the risk of perpetually depriving our food of the living principle ?

Scientists have attempted to charge our bodies with the electricity that is known to be produced in the body, but human electricity cannot be imitated. The scientific article is of no lasting value. It has been discovered that the body manufactures its own vaccines to fight disease germs, so they have tried to imitate this process by manufacturing vaccines in another animal body and injecting them into man. This has been one of the most preposterous and ghastly failures of all man's puerile attempts to imitate Nature. It fails because of the individual nature of our natural protecting vaccines.

Hot foods are taken with the mistaken idea of adding to our natural warmth. This is another delusion and snare. Animals do not have their food heated and have all the animal heat required. The taking of hot foods in attempting to give the body heat is on a par with the effort to give natural electricity with high frequency currents. The feeling of heat after warm food is a stimulation which is really extracting from our own heat and is helping us a step further towards the bankruptcy of our own natural heat, which means death.

Now I am approaching my point. I have exposed our tremendous ignorance, and does it not seem that man, in cooking his foods and eating food for which his body is not adapted by Nature, is incurring a fearful risk ? No one knows how the enzymes are manufactured or from whence they come. No one understands all the processes that occur in the body, and yet we have the unbounded audacity to hand Nature's products to the tender mercies of the cook, the dye manufacturer, the preserver, the miller, and

## AMAZING "SCIENTIFIC" IGNORANCE 27

so on before partaking of the spoiled and emasculated result.

How can we know that there are not some extremely important and vital substances necessary and present in natural, uncooked food that are not in cooked food? Experience shows that this is so, and man's cancerous, miserable, diseased, prematurely aged condition, and short average life are the results of his idiocy.

We now come to the final proposition. Emasculated foods, partly digested foods, animal flesh (which is so easily digested), and cooked foods of all descriptions, lack that ability to continue the processes of stimulation to the end of the digestive tract. By the time the lower bowel is reached, they are deficient in those substances which would stimulate or irritate the normal action of the body.

A human being consuming one mouthful of cooked food is guilty of an indiscretion—an attempt to improve on Nature—a step in the dark as it were. Until the mystery of the enzymes, of the vitamins, of human electricity and magnetism, of the very origin of life itself, is discovered and understood, man has no right to tinker with Nature and fool with his own body—Nature's highest product. Even the skin of the apple, for instance, may be needed for some process which is "not yet well understood."

## THE "SCIENCE" OF NUTRITION

The science of Nutrition, forsooth ! There is no such thing. It breaks down at the final point. The miserable apology we have for a science of nutrition is a sea of speculation, theory and doubtful experiment. The speculation and theory is often so varied and positively contradictory as to border on the ridiculous.

This is to be seen clearly in the exploded proteid theory, and Dr. Hindhead, Professors Chittenden and Irving Fisher have experimentally shattered the high proteid requirement theory into fragments. This speculation, so supported by numbers of eminent men, and even carried to a great extreme by the great Dr. Haig of the so-called "Uric-Acid-Free Diet," looks very well on paper.

The idea, of course, is that our body is largely proteid and we must take largely of proteid to repair the cell wastage. But here we have the weak spot ; who can tell us the wastage ? Echo answers Who ? The experiments of the gentlemen mentioned above have shown that the theory generally accepted will not hold water.

There is very little proteid in fruit, so it is said, and yet I have lived on nothing but fruit for weeks with splendid results. My endurance has increased. My bodily sensations of energy, lightness, ability and desire to work have been wonderfully improved.

The theory is only theory, the speculation is only speculation, and the experiments may be super-

seded by another set of experiments at any moment. Some experiments have served a useful purpose, of course, such as McCollum's demonstration that the grains are incomplete foods without the green leaves and his proof that animals developed intestinal and other troubles on a diet of cooked carrots, which troubles disappeared on a dietary of uncooked carrots. But the results of experiments costing possibly millions of pounds, by scores of would-be nutrition experts, have been so puerile, insignificant and inconclusive that even the greatest so-called experts often write the greatest nonsense on the question of food.

I would refer anyone who wishes to waste his hard earned money on this nonsense, to works such as *What to Eat*, by Benjamin Harrow, Ph.D., physiological chemist at Columbia University, and published in 1923. This is a useful example of learned scientific puerility, and the reader will know less about "what to eat" at the end of the book than he did at the beginning. There are many such books.

Possibly the most authoritative physiological chemist in the world to-day is Ragnar Berg, author of a master work entitled, *Vitamins*, published in 1923. Some of his statements are most interesting:

"It is incredible that accessory food factors could have been overlooked for three quarters of a century . . . many surprises must still await us. The most trifling change may revolutionise all the conditions of an experiment. Authors fail to recognise the real source of the new or divergent results they report . . . There is not even one of our best-known proteins of which we can say that we know all the factors requisite for its existence in perfection. Simi-

larly as regards fats, for we still do not know which of these substances are absolutely indispensable to the organism. Even more complicated is the problem of the inorganic constituents of nutrition so manifold in their variety . . . . It seems almost hopeless to undertake researches concerning the individual minima. . . . Not a few experimenters exhibit a certain mulishness, refusing to recognise or failing to understand the improvements of a rival. We rarely encounter perfectly unambiguous results. . . . The critic must not be frightened by any name however illustrious. The whole science is in its initial stages."

This writer with the wonderful library makes over 1,500 references to other works.

As I have previously stated, the "Science" of nutrition breaks down completely at the last point. Let me explain. We know what we eat—I beg pardon, we do not even know that—but what I should say is that roughly speaking we know what we eat. We know that certain ferments or enzymes (which have not been isolated—nobody knows what they are or how they are produced) act on the food. Strong poisonous acid (nobody knows how the hydrochloric acid is manufactured) also acts on the food and it is broken down and changed.

We know many of the processes which then occur, but many we do not know, and then the scientist tells us with the utmost confidence that the final result is taken by the bloodstream to the various cells of the body to repair the cell wastage. What wastage? How much wastage?

But, worst exposure of all—we have the food being presented now at its final point, to the cell;

and—quietly now while we hurl the bomb—WHAT HAPPENS? Ha! the skeleton has popped out of its cupboard. The expensive nutrition scientist slinks away. Nobody has the slightest idea or is likely to have the slightest idea. That eternal, unsolvable mystery of the origin of life again. The "Science" of nutrition crumbles away as so much idle speculation.

The scientists are all about as good or as bad as each other. They are merely floundering. My son of eleven has as much real knowledge as many of them. He knows! He has experience. He has tried many forms of diet and we at least know that which has given us the best results, viz., the fruit and vegetable diet—uncooked. We are real scientists. We know something and we are sure of it. Instinct, anatomy, chemistry, physiology, common-sense, hygiene, and experience show that we are right.

To again quote F. W. Vaughan in *The New Bed-rock of Health*: "Every physiologist knows perfectly well that we know absolutely nothing about the actual functions and building up of a simple cell and we can see under the microscope nothing but its external form, or at best we may divine its purpose, but as regards the processes working in the interior of the cell during these functions, or indeed, its process of evolution and development, we have not a shadow of a notion and must avow absolute ignorance."

So much for our expensive scientific Nutrition experts, with their proteins, carbohydrates and fats! Elephants obtain their enormous bulk of protein, bone, fats, hide, etc. from green leaves by conversion. We similarly obtain ours from fruits, nuts and green leaves.

Professor Fred E. Wynne, B.A., M.B., D.P.H., in *Ductless and Other Glands*, states :

“ Nutrition is the process by which the dead products of the animal and vegetable kingdoms are once more endowed with life, and incorporated as parts of another living organism. To this end, in the higher animals, has been developed all the elaborate mechanism of digestion, absorption, assimilation, respiration circulation and excretion. The instructed curiosity of man, which we call science, has ascertained something of the cruder facts of the methods by which this miracle is worked. We know the chemical constitution of the food we eat ; we know the chemical constitution of the new tissue which has been built up—after it is dead ; we can trace many of the transitions that take place in the process. But the change from an assimilable proteid to the living cell, with all its potentiality of movement, of growth and reproduction, is a mystery that takes place behind a veil that never has been rent.

“ We can watch our dog eat a meal of potatoes and gravy ; we can analyse his meal ; when the dog is dead we can analyse him too. But to ask how it is that a part of that meal is converted into hair or bone, or eye or heart, is to ask a question no physiologist can answer.”

As Professor Arnold Ehret states : “ The entire trash of scientific dietetics ; food values, statistics, etc., are useless and in vain. . . . It is almost ridiculous to note the endless fight and confusion regarding dietetics, protein, mineral salts, vitamins, etc.”

Ehret further states : " The cardinal standard substance for man's blood is the highest developed form of carbon hydrate, chemically called sugar-stuff, grape or fruit sugar as contained more or less in all ripe fruits and in the next lower state in vegetables. The small amount of protein necessary is developed from grape sugar in the animal and human body. All cereal and vegetable eating animals transform these foods, first into grape sugar and then as a matter of fact into the body in its entirety."



## DIGESTION AND INDIGESTION

The general public know very little of the processes of digestion, and it is only within the last half century that the medical profession has awakened to a realisation of what they comprise. The importance of the liver and the pancreatic secretions were not realised and the process of gastric digestion was greatly over-estimated. Gastric or stomach digestion is no doubt an important process, but, for instance, the products of digestion by the stomach, peptones, have been conclusively shown to be in themselves potent poisons ;—poisons which are converted by the digestive functions of the liver to beneficent life-supporting foods.

It should be easily understood that once our digestive organs become deranged, our bodies are slowly but surely overwhelmed, and the resistance broken down by the deadly poisons necessary for the digestive processes. One function of the liver is to gather the poisonous and noxious materials oftentimes the result of failure of the digestive function in the stomach and bowels, and by means of the bile, throw them into the bowel. As the liver of the average man and woman is perpetually overworked and the rule is that over-stimulation of an organ invariably leads to its premature degeneration, accompanied by a gradual decrease of power, we see one of the reasons for the universal constipation, the bile-stained complexions, that universal tired (semi-poisoned) condition, that slowing up and some-

times irregularity of the heart, rheumatic troubles, diabetes, depression and drowsiness, probably cancer and sometimes even insanity itself. These are caused by the overburdened liver being unable to secrete all the deadly poisons.

Now practically the sole use of the gastric juice in digestion is the digestion of albumens. The stomach also absorbs grape sugar and the various salts into the blood stream.

The liver, however, has a number of functions to perform and is a very busy part of the anatomy. The albumens and starches are arrested by the liver and undergo a second digestion there. Starches should be thoroughly mixed with the saliva in the mouth to avoid serious trouble. The failure to do this, by the way, is the reason why porridges, milk puddings, etc., are such dangerous and injurious articles of diet. The starch becomes water-logged or milk bound and the action of the saliva is defeated. These much vaunted articles of food are real criminals, and the way they are universally given to children is a most unfortunate habit perpetuated no doubt by commercialism, old women's tales, and ignorance.

The bile emulsifies the fats, enabling them to be absorbed by the lacteals, assists in converting the starch into sugar, acts as a laxative, and prevents decomposition by acting as a disinfectant and as a destroyer of many kinds of bacteria.

The alkaline pancreatic fluid contains three ferments which are capable of performing the digestive functions of all the other organs concerned in primary digestion, acting as a first backstop, as it were, to the other organs. The smaller bowel, which is about 20 feet in length, also pours out a digestive fluid and finally absorbs into the blood-current,

grape sugar and digested albumen, and absorbs into the lacteal system of ducts all emulsified fats, fatty acids, and soaps.

Finally all articles that are insusceptible of digestion and all food taken in excess of the digestive powers are finally expelled from the body, the irritation which they produce aiding, by reflex action, their expulsion.

To get back to the liver, the starches which are converted into sugar by the various digestive processes are returned to the liver in this form, and then, strange to say, converted back once more into animal starch, called glycogen. This substance is then, as required, converted into grape sugar again, and allowed to pass into the great hepatic vein in such quantities as can be consumed by the oxygen of the blood.

The extremely complicated processes undergone by starch in the course of digestion, before its final acceptance as sugar by the body, are obvious. Starches and sugars are carbon, hydrogen, and oxygen in combination and are called carbo-hydrates. Fats are of similar composition, consisting of hydrogen, carbon and oxygen in varying proportions, or hydrogen and carbon only.

Now when we see the various wearing processes by which the carbon, hydrogen and oxygen are obtained from these (to us) unnatural articles of diet, it is obvious what a wonderful food we have in the uncooked fruits—the highest form of carbon hydrate. Here we have, in the form of grape sugar—the perfect human food, the same elements, carbon, hydrogen, and oxygen, purer and more readily assimilable, and partially digested for us by the tree. It seems obvious that sufferers from liver trouble and from indigestion of all descriptions, have here

the means of resting their organs from the perpetual overwork inflicted by starches and fats.

In the fruits we have the means of prolonging our lives to their allotted span, possibly from 120 to 200 years or more.

As previously stated, I live upon fruits only for weeks at a time with wonderful results. I feel fitter, lighter and freer, can work harder and never feel fatigued. What fools we mortals are! We have been millions of blind idiots, inflicting all manner of unnecessary diseases upon ourselves.

The protein, carbohydrate, and fat theory has side-tracked us into believing that because our body consists largely of proteid we need large quantities of this substance, together with the fats, to repair the wastage. This idea looks all right on paper. We should eat protein to obtain protein, and fat to obtain fat, and so on. Why not eat lungs to obtain lungs, and brains to renew brains, and nerves to renew nerves? If Nature were so easily understood, nutrition would be a simple affair. This mistaken idea, however, is based upon a delusion. Our digestive organs transform all the substances we require from fruits, nuts and green leaves, in the same way that a horse will obtain all the proteid and bone and fat he requires from grass. It is a wrong premise to eat bullocks to obtain their strength. No animal in Nature eats fat, by the way, except the scavenger, man. The apes, whose digestive organs are so often identical with ours, obtain enormous strength from fruit and nuts.

The digestion of fat is assisted by the bile by means of a ferment called emulsin. Undigested fats rapidly ferment and so persons suffering from liver trouble, causing a deficiency of bile, should

immediately discard fat, even butter, from their dietary.

The liver acts as a sentinel to the blood system in general, arresting poisons that enter with the food, and sending these in most instances—unless they be specially potent or large in amount, and insidious in kind—back into the bowel with the bile, which fluid destroys their noxious qualities. Therefore it is obvious that alcoholic drinks, tea, meat, and other poison-containing food, and also tobacco and drugs containing poisons, are a tax upon the liver, causing overwork and strain.

If the liver cells lose their power of arresting and storing sugar from the starches, and allow it to pass unchanged by them, diabetes is the result. If the cells allow the soluble albumen to slip past we have albuminaria, commonly called Bright's disease. If the cells can perform the first part of their duty as regards albumen, namely, convert some of it into proper serum albumen, but fail in the second part, that which has to do with the formation of bile and urea, we have either biliousness (if the formation of bile be defective) or gouty complaints (if the formation of urea be defective).

Most of our common diseases are therefore associated with a form of indigestion. Another common form of indigestion is dyspepsia. Let us examine the symptoms of a person suffering from this complaint, which is frequently associated with catarrh of the stomach.

If we examine the stomach of such an individual who has died, we see, in place of a clear, smooth, pinkish organ, one whose surface is covered with a quantity of dirty grey and very offensive sticky mucous, with which any solid food that may recently have been taken is coated.

The symptoms are a coated tongue, saliva copious but inert and tending to decompose, congested throat, the eyes turgid and the nose and cheeks often inflamed. These symptoms are merely reflex, and those specially appertaining to the stomach are—want of wholesome appetite, an inability to taste or to digest any but very stimulating foods, a desire for fluids and a chronic state of irritability or restlessness. Frequently there is an altered action of the heart, development of much flatus or wind, vomiting with the ejection of much mucous, and disturbed rest at night. Pains are often noticed in the back and under the shoulder blades. Sometimes the taking of food, and nearly always the drinking of alcohol will relieve, for a time only, the uneasiness in the stomach. Thirst is often marked and sufferers may consume from two up to fifteen or twenty quarts of fluid in a day. They are always thirsty. The breath is offensive, the tongue covered with fur, the gums are often spongy and tend to bleed, and the lips are usually dry. The excreta is offensive, and piles are not uncommon. Chronic gastric indigestion reaches its highest perfection in the person of a chronic drunkard.

The obvious lesson to be learned from the study of the digestive processes is to avoid clogging and poisoning foods, which overwork and prematurely wear out the organs.

The foods best adapted for our requirements are fruits, green leaves, and nuts, taken, of course, in correct combinations. A mono-diet is the ideal; which means that it would be better, were it practicable, for one kind of fruit only to be taken at a meal, but of course this is usually difficult to put into practice.

To those suffering from acidity and flatulence,

denoting forms of indigestion or dyspepsia, it should be carefully explained that the natural anti-acid is the alkaline saliva.

Thorough mastication should be practised, and the acid condition will be found to be counteracted by the natural alkali for the purpose.

## DELUSION OF TASTE

Man prides himself upon his cleverness. He points to his buildings, his literature, his art, and other wonderful achievements of his intellect. He uses this intelligence in all his many occupations, even in feeding his domestic animals. But instead of using the same intellect to guide him in the selection of his own food, he trusts his taste, an easily vitiated and weakened sense which is really in its modern and depraved state, a most unreliable guide.

The average man or woman is highly indignant at any interference with his or her liberty to eat "nice" foods; foods which tickle and please their palates. And yet if they used their intellects to as much purpose in choosing their food as they do for other purposes, tooth decay, rheumatism, goitre, diabetes, nervous complaints, tuberculosis, constipation, and acidosis, with all their accompaniments, and last, but not least, cancer, would be medical curiosities. Venereal disease, influenza and other infectious complaints would lose their terror, and the average life, which is now about 39 for civilised man, would soar to possibly near 150 or 200. What is more, instead of man being old at well under 30, he should be vigorous at five times that age.

We hear it said that to enjoy food in the sense of liking its taste is a necessary assistant to the digestive functions. This may be so, but from child-



hood we have this taste depraved. From the time our mother dipped the dummy into the sugar basin for instance, we began to go wrong.

Louis Kuhne shows us how a reindeer, whose natural food is mosses and grass, was domiciled with, and became friendly with, a dog. It attempted to eat meat in company with the dog, but at first was sick and its stomach refused the new food. At last, however, it developed a taste for meat and died within a year. Now this premature death is analogous to what is happening to man.

Man has not in his structure anywhere, whether in his hands, face, mouth or alimentary system, a single fact indicative of carnivory.

“Fruits, nuts and the succulent parts of vegetables appear to be the natural food for man. His hands afford him facility for gathering them; and his short and comparatively weak jaws, his short canine teeth, not passing beyond the line of the others, and his tuberculous cheek teeth, would not permit him to feed on herbage or devour flesh. The organs of digestion are in strict conformity with those of mastication.”—*Cuvier*.

Yet man has strayed wherever his taste has led him, with the same results as in the case of the reindeer.

Many children if left to their educated tastes would live on confectionery, meat, pickles, and ice cream, and I must say that most adults have about an equal amount of sense in choosing the quality and quantity of their foods. In childhood, however, we have the saving fondness for fruits and nuts, a natural instinct which cannot be suppressed, although it is gradually deadened in later years

by the continuous consumption of nice (?) tasting and highly seasoned dishes and concoctions.

A paragraph recently published makes a special appeal :

“ Your good health does not depend upon your palate being tickled, but upon the whole of your cell waste being duly repaired in its entirety. And may we ask, who knows best, you or Nature, which are the right materials to repair the waste of your teeth, your lungs, your eyes ? Would you pit your knowledge or that of any man or woman, no matter how learned, against the wisdom and powers of Nature ? Who possesses the key to the mysteries of the human machine—chemists, scientists, cooks, you, or Nature ? Do you really think that Nature requires the assistance of a cook general at twenty shillings a week, or even a chef at two thousand a year ? ”

The laws of evolution, like the mills of the gods, grind very, very slowly, and that is why we have in our bodies to-day organs and glands that were useless long before our parents dropped from the trees. Our foods were in existence before we were. Man's body is that best adapted for using those foods natural to it for long periods of time. Therefore it is reasonable to suppose that he will get the greatest physical efficiency from the use of those foods and those foods only. Fancy cakes, pastry, confectionery, steak and kidney pie, white bread, refined white sugar, cheese, tea, coffee, cocoa and alcoholic drink, soda fountains, cooked vegetables, ice-cream, porridges, bacon, refined salt, pickles, and so on, did not exist in his early environment

and his body was not, and still is not, adapted for their use.

Even the most advanced investigators and dietitians seem determined to pander to man's depraved taste. We have the spectacle of earnest reformers showing us the evils of this and that form of diet and then, to show us how nice their own particular diet can be made, they provide us with sample meals and recipes galore—all more or less pandering to taste.

I have read a small, and I may say, very useful, little booklet, *The Meliart Recipe Book*, by J. Allen Patteiouex, very much to be recommended, but it shows my idea clearly. The ideas are sound enough, but the whole book is written around a method of preparing a tasty concoction of fruit, nuts, cream, etc. While a very valuable educator, the whole idea is to pander to the taste. But a meal of one or two kinds of fruit is nearer the ideal.

We see the same unfortunate failing in the works of the very greatest of our experts and dietitians. Even the great Hereward Carrington, in his classic, *The Natural Food of Man*, fails to get away altogether from this delusion and snare of taste. Others go to immense trouble to concoct dishes and combinations which will sustain life, and in their opinion give perfect health, but the main idea is to tickle the palate.

This is the curse of humanity, and if even our greatest experts cannot get away from its cloying embrace, it is obvious what a terrific job it will be to take Mr. Average Man away from his nice-tasting but poisonous foods.

Instead of starting at the wrong end, and with the wrong idea, by attempting to suit our foods to our taste, we must suit our taste to the correct

foods. Let our taste come to the foods we know are right, instead of our foods pandering to the taste we know is wrong. There should be no compromise.

Fruits, nuts, and green leaves are the natural food of man and he achieves the greatest physical, moral, and mental efficiency on returning to the food intended by Nature to feed his body.

Experience has shown that the enjoyment of meals is immense while eating these foods in a natural state, and there is no need to concoct fancy palate-tickling dishes and tasty combinations. The dangers of over-eating are becoming well-known, so why court disaster by deliberately tempting and exciting an unnatural appetite. In the chapter on Hunger I show how in so doing we are merely circumventing Nature in her efforts to keep us on the right pathway.

## TRUE HUNGER VERSUS THAT UNNATURAL EMPTY FEELING

One of the worst features of a cooked and flesh diet is that there is no possible way of discovering when sufficient of the rubbish has been eaten. The average person merely pours the nice-tasting substances into the stomach until a feeling of fulness results.

Nature, however, must have provided us, her highest product in many ways, with a reliable means for ascertaining the needs of the body, and we find that this is really so when we give her a chance to show us.

True hunger is not that empty, gnawing sensation in the abdomen which comes along regularly at 8 a.m., 12 p.m., and 6 p.m. Those sensations are the sign of an abnormal and diseased condition, and are caused by irritation, indigestion, fermentation, catarrhs, etc. True hunger is in the mouth, and occurs when the salivary glands are overflowing. It is only then that we should partake of food.

With the consumption of soft, pappy porridges, puddings, cooked vegetables, and so on, there is insufficient mastication, the food being usually more or less poured into the much abused receptacle. This causes an abnormal and unnatural condition of the salivary glands and juices, and Nature does not register when we have had sufficient. Thorough mastication of Nature's foods, however, gives us back our natural protecting instincts. We simply

chew and chew until the flow of saliva ceases, and our desire for food is then satisfied. Thus we have Nature's wonderful method of protecting us from over-eating if we give her the chance to guide us.

I am certain also that if we kept strictly to natural foods and did not abuse our bodies in any way, Nature would let us know which food to select—the one our bodies require at the moment. We see animals picking and choosing here and there and we credit them with superior instinct, but why should not man be endowed with some such protection. Personally I am certain that it is within us but hidden and deadened by wrong living.

The ape in the forest has been known, at a time when nuts were scarce, to waste large quantities of certain fruits to obtain the seeds within. The oil of the seeds must be a necessity to his body at the time and so he instinctively throws away the fruit and eats the seeds.

I heard a veterinary surgeon say in discussing our domestic animals, that if we threw down the fences, and let the animals roam here, there and everywhere, disease would be practically non-existent amongst them.

The rearing of turkeys provides us with an object lesson along these lines. A farmer once told me that they have great difficulty in rearing the young turkeys, but if they let the mother and the young roam away and search for the food, she brings the young turkeys home in good order and condition.

It would be hard to convince me that man, Nature's highest product intellectually, has no such protection; the only trouble is that he has allowed his misdirected intelligence to dominate Nature with such disastrous results.

One of the disasters resulting from not sufficiently

using our salivary organs is the lessened immunity of our teeth from bacterial invasion. A healthy flow of saliva protects our teeth, besides giving an added enjoyment to the consumption of foods.

A few simple rules will help more than all the scientific nonsense that has been talked on diet.

Never eat foods that have had the combinations of their constituent elements altered or varied in any way.

Never eat unless true hunger is evident.

Never eat when the flow of saliva does not come easily.

Follow these rules for some time, and Nature will tell you what to eat. The idea of combining, say, lettuce and celery with fruits for instance, would seem repugnant, but at times a meal of lettuce or other vegetables will appear most desirable, and at others fruits or nuts will make the greatest appeal.

If you live according to these rules you can throw into the fire all the books that have ever been written on the chemistry of foods, vitamins, and the science of nutrition, with their contradictions and groping in the dark.

## FOODS IN PREGNANCY. YOU CANNOT FOOL THE UNBORN CHILD

To me the most convincing proof of these facts and one which shatters scientific and unnecessary nonsense about proteids, carbo-hydrates and fats, vitamins and calories, and misleading experiments to discover how long this and that so-called food takes to digest—is the wonderful effect of a return to Nature's diet upon our pregnant woman kind.

It is a crying shame that our unnatural tastes should have so overruled our intelligence that our women have the present unfortunate experiences in childbirth. Why all the pain? Why all the sickness? Why the failure to give the offspring its natural mother's milk? Why the anxiety and often a struggle for life on the part of both mother and child? Nature would not be so unkind. That is unconceivable. Why should Nature single out only humanity for such a tragedy? Well, who is to blame? The answer is obvious—the cook!

Professor Arnold Ehret, in *The Mucusless Diet Healing System*, states :

“Thousands of mothers, unconsciously, through over-eating half kill their children before they are born. There is no higher moral duty of any kind than to produce a perfect being. How can a defective germ grow into a perfect being between a filthy, mostly constipated colon and an unclean bladder of a civi-



lised mother ? And one of the worst tragedies of ignorance is the expectant mother who eats twice as much decayed 'cadavers' of animals killed years ago in the stockyards, and tinned, because she is foolishly advised to 'eat for two.'

Babies born fifty years ago averaged eighteen inches in length and six and a quarter pounds in weight. Now they average twenty-one inches and eight and one-eighth pounds. Babies born in the past had soft plastic skulls and now they are born with hard skulls. And yet the British race, for instance, has lost over one inch in height in the last fifty years and the allotted span has been reduced eight years in less than half a century.

The Drs. Densmore over thirty years ago showed us how these hardening processes were caused. A preponderance of starch and earthy salts in the food chiefly from eating cereals and cooked vegetables, is the reason. The absence of earthy salts in fruits is noteworthy. Such salts are known to have a bad effect on sufferers from certain diseases, including some forms of tumor and atheroma, or degeneration of the inner coating of the arteries. The free use of fruit in the place of cereals is therefore indicated.

The closer our women keep to Nature's diet the less trouble they have and certainly the better it is for their offspring both before and after birth. The further they depart from Nature the more trouble they are likely to have.

The cravings women have, while pregnant, for all manner of foods, good and bad, is only one of Nature's ways of crying out that something is wrong. I have known women to eat enormously and noth-

ing seemed to satisfy them. This is Nature and the unborn child crying out for fruit and nuts, and not being satisfied with tea, cakes, milk puddings, meat and cooked vegetables, the foods which fill but do not satisfy the body's real wants, they keep on calling. So the poor woman eats and eats, not understanding, and disaster of some description is inevitable.

I cannot do better than quote from a pamphlet written by a medical man named S. Rowbotham and published in 1854. It puts all our modern so-called learned men to shame. This portion is headed, "Childbirth Naturally Painless."

"At an early period of my present enquiry it occurred to me that the degree of solidity and bulk of the bones of a child previous to birth must depend upon the amount of calcareous or osseous matter in the food of the mother taken during gestation ; and that the process of foetal ossification might be so far retarded, that a more elastic, yielding, or indiarubber-like condition of the child might be secured ; and the mother thus relieved of much of the sufferings and danger usually attending the periods of delivery. I was more particularly impressed with the importance of such a view by the fact that in various parts of the world the females are comparatively free from the evils generally attending the females of European society. 'Among the Araucanian Indians of South America a mother, immediately on her delivery, takes her child, and going down to the nearest stream of water washes herself and it, and returns to the usual labours of her station.'—Stevenson's *Twenty Years Residence in South America*, Vol. 9. Many accounts have been given of these and the females of other tribes requiring no more than ten or fifteen minutes for all purposes connected with their delivery. These easy births have generally been accounted for on the supposition of their being favoured in physical structure and climate ; but that they are more favoured in the first respect than our own females is expressly denied by Professor Lawrence, in his *Lectures of Physiology* who states : 'The very easy labour of negroes, native American, and other women in the savage state, has been often noticed by travellers. This point is not explicable by any prerogative of physical formation, for the

pelvis is rather smaller in these dark-coloured races than in the European and other white people.' That they are not favoured by climate is evident from the fact that the females of the North American tribes have as easy labours as those of the Central and South American. In our country also cases have occurred where females who have generally suffered severely have occasionally given birth with such ease as to surprise both themselves and their friends. I remember speaking some time ago to a few friends on this subject, when one of them related the case of a lady of his acquaintance who had given birth to four children. The first two were born with all the dangers and difficulties usually attending parturition, and the third was born with the greatest ease, while the fourth delivery was equally difficult with the two former. It was quite fresh in the memory of her friends, that from an early period, and during the whole time of gestation of the third child, she was excessively fond of oranges, limes, and even lemons, which she took in such abundance that she required very little of any other kind of food. Her desire for these fruits was so very great that, although her husband and those around her continually remonstrated, and entreated her to leave them off for fear of injuring herself, she continued to live almost entirely upon them. To her surprise, and that of her friends, however, she gave birth with so much more ease and safety, that notwithstanding the supposed impropriety of so doing, she was able, and did resume her ordinary duties in a few days afterwards. During the pregnancy of the first, second and fourth children, she lived in the ordinary way.

"These considerations led me to the conclusion that our civilised females might so adapt their food during gestation that they might escape the suffering which endangers their lives, as well as the females of savage tribes. In the month of January, 1841, I induced a female who had suffered severely on two former occasions and who was now a third time full seven months advanced in gestation, to try an experiment under my directions. She commenced by eating an apple or an orange, or both, the first thing in the morning and again at night. This was continued for a few days, until she found she could take more without inconvenience. At breakfast she took several roasted apples with a very small quantity of wheaten bread and butter, and one small cup of coffee. During the forenoon she took several oranges or apples. In the afternoon she again partook freely of oranges, apples, grapes or such other fruits as could be obtained. At tea she

proceeded as at breakfast—a little bread, tea, and a number of roasted apples. Supper, sago boiled in milk, mixed sometimes with currants, raisins, or cut apples. She continued this course for about six weeks; when, to her surprise and satisfaction, her legs and feet, which when she began were considerably swelled and painful, and the veins, which were very large and full, almost ready to burst, had returned to their former state; and she became altogether as light and active—or more so, than she was previous to her pregnancy. She was often seen to run up and down a flight of more than twenty stairs with apparently as much ease as any other person, and certainly with less fatigue than she could have done at any former period within her recollection; such an influence had the fruit diet in rendering the body light and buoyant, and the spirits active and cheerful. Her health altogether became excellent—in fact she many times declared that she never felt so light and healthy before; not an ache or pain of any kind was she troubled with, up to the night of delivery. Even her breasts, which at the time she commenced the experiment were exceedingly tender and painful, became, and continued, entirely free from pain. Between ten and eleven o'clock on the evening of the third of March she, for the first time, expressed her belief that her time was come; about twelve the surgeon was sent for; he came about half-past, at a quarter to one the delivery was safely effected, and at one o'clock he left the room. Had she not been influenced by custom, she might have resumed her usual duties immediately after her delivery; or, at all events, next day. Indeed, the prejudices which exist upon this subject, and the fear of violating the notions of propriety of her friends and neighbours alone restrained her. However, on the fourth morning, such was her condition, that she left her bed, washed and dressed herself and child, and commenced her ordinary family duties. She had no assistance from medicine. It may be stated as a further proof of the influence of diet upon the foetus, and in diminishing the difficulties of parturition, that the same female, during two former periods of pregnancy, subsisted very much on bread, puddings, pies, and all kinds of pastry, having an idea, like many others, that solid food of this kind was necessary to support and nourish the foetus and she suffered very greatly in delivery. On this occasion, with only six weeks' adoption of a contrary course, she secured for herself a more easy labour than is ever perhaps experienced by females in this or other civilised countries.

“This experiment has proved the truth of the conclusion

that in proportion as a female subsists during gestation upon aliment free from calcareous earthy matter, will she retard the consolidation of the child and thus prevent pain and danger in delivery. Hence the following may be given as an axiom for the guidance of females at these particular times. The more ripe fruits and the less of other kinds of food, but particularly bread or pastry of any kind, they consume during pregnancy, the less difficulty will they have in labour . . .”

That lovable man, Doctor Abramowski, in *Eating for Health* gives us similar facts, which are better than all the abstruse theories. He tells us first of Mrs. Abramowski's experience. Fourteen years before under the ordinary food régime, she could not suckle the first baby, but when a girl was born in December, 1904, and a boy in February, 1907, the uncooked and living food eaten had so much influenced her constitution that there was always enough milk for the children. He states :

“These children having had the benefit of the new vitalizing diet in both parents and in themselves, by fruit juices, since they were six months old, are undoubtedly the strongest and heartiest of all my children ; they were able to walk before nine months old, having never been laid up with a day's sickness, and are now bodily and intellectually far more advanced than the other children were at their ages. If we are what we eat, then the babies are what their mothers eat, and my experience proves that the fruit babies are not only more normal-sized, but more vigorous and healthy, do not lose weight in the first weeks, thrive better and develop better bones and teeth than the bread, meat, and tea babies. At the same time, their natural food (mothers' milk) is, under this diet, not only of sufficient quantity, but of the best quality, so that these babies have a much better chance to live

than others, 45 per cent. of whom according to statistics die before they are five years old."

He gives more instances precisely similar to that related by Rowbotam over half a century previously.

In the face of this evidence who can deny that man's natural diet is uncooked fruit and nuts and possibly uncooked green and edible root vegetables. We may be able to fool Nature and live some sort of an existence, on unnatural foods, hovering on the borderline of health and disease, but we cannot fool the child inside its mother.

The unborn babe knows what its body requires better than all the restaurant proprietors, the flourmillers, the pastrycooks, confectioners, afternoon tea shops, the patent food manufacturers, the doctors and scientists even. You may be able to fool the child into vicious and depraved tastes after it is born, but you cannot fool it before it is born without causing its mother unnatural pain and injury in many ways.

## THE FOOD FOR WHICH OUR BODIES WERE MADE. MAN'S NATURAL FOOD

One of the common objections we meet with nowadays in advocating a return to Nature's diet, is that during the few thousand years in which we have been degenerating our bodies by wrong living, some mysterious, but unexplained changes must have taken place, and we have become adapted to the use of these foods. The weather worn argument that "one man's food is another man's poison," is another old friend which continually bobs up in a new form. This may be so to a limited degree, but arsenic, alcohol, tobacco, tea and white flour for instance, are all men's poisons. Some people have idiosyncrasies, but such people are few and far between. Grass is the food of all horses, mulberry leaves are the food of the silkworm and we find that most living creatures are specially adapted for a very few articles of food.

Professor Goodfellow, in *The Dietetic Value of Bread*, page 166, gives us a sample of this shallow but prevalent idea. He states: "The conditions of life have so altered that the natural food of our ancestors would be unnatural now, living as we do under such different conditions."

Hereward Carrington in answering this statement says: "This objection, however, is completely refuted by the fact that no anatomical *change whatever* has taken place in man's digestive apparatus since the most primeval times. If the body had

gradually grown accustomed to the cooked and unnatural foods, this should not be the case—certain modifications in the digestive apparatus and perhaps throughout the body should be noted corresponding to this altered adaptability. But no such changes have been observed. Man corresponds structurally throughout with the higher apes and he has altered not one whit since the days when he more closely resembled them than he does now."

If this argument of adaptation were true why the terrific incidence of disease? Why the millions upon millions dying of cancer and tuberculosis for instance? If our bodies had become adapted to the use of white bread and refined sugar, why the teeth decay and the weakened bone formation.

As sure as night follows day, a diet of polished rice will produce beri-beri; a dietary short in certain mineral salts and protein will surely cause pellagra; overeating, causing auto-toxaemia, will inevitably produce troubles of all descriptions ending with tuberculosis and cancer. Nature cannot have made an enormous success of this adaptation and we are forced to the conclusion that it is merely an excuse of the depraved taste intent on retaining vices.

Dr. J. H. Tilden in *Food* Vol. II, page 214, states:

"When we have transgressed the laws of digestion just about so long, Nature takes a hand and helps us kill ourselves. Whenever a man is not happy a minute without his drink; restless without his cigar or tobacco; restless, nervous and irritable without his customary supply of bread, butter, coffee, tea, candy or other stimulants, Nature is helping him kill himself, by keeping him away from the foods



that will save his life. This is where perverted Nature gets behind and pushes us deeper into digestive troubles."

Dr. Plimmer states that fruit and vegetables should not be omitted from the diet on the plea of indigestion: "Their use, if persevered in, is likely to cure many digestive troubles. Fruit or vegetable juice given to infants may cause flatulence or have a laxative action, but the child soon accustoms itself to the new food and its digestive powers are strengthened. Cases of digestive derangement are commonly treated by withholding fruit and vegetables, but this prohibition may augment the trouble."

The herbs and grasses must appear pleasant to the eye of the herbivorous creatures, a mouse must appear beautiful food to a cat, and any food that is pleasant to our sight and taste in its natural and uncooked condition is our food.

How does a portion of the corpse of a bullock, say, in its uncooked state, appeal to our eye? How would you like to teach your children to bury their teeth in a nice uncooked mutton chop, or in the neck of the lamb it came from. What appeals to our instincts the most, a lump of raw bacon and liver or a feast of strawberries, grapes, oranges, apricots, apples, bananas, nectarines, plums, pineapples, pears, passion fruit, figs, dates, peaches, almonds, walnuts, brazil nuts, pecans, celery, lettuce, tomatoes and all the other fruits, nuts, and vegetables we use?

It is a safe rule to go by that no food that cannot be eaten and relished in its uncooked natural state is good food, and the reader only has to use his common sense to see that this is so. Therefore we must abandon all flesh foods, potatoes, cereals, and pulses

to obtain the best possible results. If we eat wholemeal bread occasionally or other whole cereals, it is only a concession to custom, since this form of food is not greatly to be recommended.

The digestive organs of the orang outang are so similar to ours, that they can be mistaken when seen together, away from the body. Therefore we must believe the child inside its mother crying out that the food for it and its mother is fruit and nuts.

There can be no question as to what is our proper food when we consider the shape of our own bodies. The shape of a living thing merely depends on its adapting itself to obtain the food upon which we can say it is a parasite. Its method of obtaining its food and avoiding enemies, governs and decides its shape.

The pig has developed a snout for rooting in the ground for roots, the lion has claws and teeth for seizing its prey and tearing it to pieces ; the bird has a beak and claws to search for seeds, insects and worms, and there are thousands of methods of obtaining food with a shape of body best adapted for such methods.

We have no claws for tearing meat to pieces ; we have no beaks for eating grains ; we are not ruminants, as the cow ; we have no aptitude for diving into the water for fish ; but we have got the hands, teeth, intestines and instinct of the fruit and nut eaters.

# THE TRUE NATURE OF DISEASES COMPOSITION OF THE BODY SHORTAGES AND SURPLUSES OF THE NECESSARY ELEMENTS

The following tables, the result of scientific investigation, show the separate elements, as well as the composite material, which constitute the human body. It must, however, be self-evident that these figures can only be approximate, for doubtless the quantity will vary with different individuals, but it is nevertheless of special interest for us to know the quantities as discovered by scientific research.

By this we find that a man who measures sixty-seven inches in height, and who weighs one hundred and fifty pounds, consists of the following elements in the stated quantities :—

Oxygen .. .. .	53,125	grams
Carbon .. .. .	9,060	„
Hydrogen .. .. .	7,000	„
Nitrogen .. .. .	2,850	„
Calcium .. .. .	1,852	„
Phosphorus .. .. .	840	„
Sulphur .. .. .	230	„
Chlorine .. .. .	130	„
Kalium or potassium .. .. .	112	„
Fluorine .. .. .	110	„
Natium or sodium .. .. .	108	„
Magnesium .. .. .	78	„
Iron .. .. .	4	„
Silicon .. .. .	1	„
Iodine .. .. .	Traces	

Besides these, the brain tissue and the blood contain two other elements in smaller quantities; namely, the metals manganese and copper. With the exception of oxygen and nitrogen these elements are rarely found entirely separate in the body, and then only in very small quantities. They are chiefly found as composite materials in chemical combinations.

Possibly it will be interesting to the reader to note these elements in their composite condition. The human body is chiefly composed of the following materials in quantities as stated :

Water .. ..	52,800	grams
Pure albumen .. ..	8,100	„
Phosphate of lime .. ..	4,260	„
Bone tissue (ossein and gluten)	2,550	„
Keratin or keraseine .. ..	2,050	„
Chondrine .. ..	735	„
Hematein (blood-colouring matter) .. ..	735	„
Carbonate of lime .. ..	520	„
Nerve tissue .. ..	410	„
Calcium fluorine .. ..	230	„
Phosphate of magnesia .. ..	220	„
Salt .. ..	220	„
Inosite and glycogen .. ..	98	„
Natron salt .. ..	70	„
Alkaline .. ..	70	„
Acid .. ..	2	„

Now let us examine some of the effects of this unnatural feeding. All plants and living creatures are composed chemically of roughly speaking sixteen elements. Each living thing has its methods of extracting these sixteen elements from its food—but they must be there, remember, in the food.

McCann, that forceful writer, in the *Science of Eating*, shows us the experiment with sixteen pots of growing buckwheat. In each pot an element was missing. In every case there was something wrong with the plant and only when all the elements were in the earth, was a perfect plant possible. A shortage of iron for instance, to use the most forcible example, caused the plant to be deficient in that green or chlorophyl which corresponds with the red or hemoglobyn in our blood. In the same way the reader must see that a shortage of iron in the food of man causes his wife's anæmia with its host of evil consequences.

Having made this perfectly clear and put forward the obvious proposition that the human body, like every other living thing, requires its sixteen elements for the thousands of combinations in that marvellous and most wonderful product of Nature, I want to ask you, reader, as a sensible man or woman, what would you expect to happen ?

- (1) If your food was deficient in any of these elements and thus, in time, the body ?
- (2) If there was a great overplus of some elements, and not enough of others ?

Now we have arrived at the true cause of disease. Some strange chemical elements if introduced even in small doses will quickly kill, but man only gradually kills himself as a rule, by partaking of foods which slowly and often imperceptibly upset the proportions of the elements of which his body is made.

My theory is that there is one main cause of disease, and that is wrong combinations and arrangements of these chemical constituents in the body. The different forms of disease (and we have books

of pathology, inches thick, crammed with descriptions of all manner of diseases, some too weird and ghastly to contemplate) are all merely the body's attempt to endeavour to accommodate itself to the wrong conditions, or to expel the wrong substances.

Of course, no amount of correct living will prevent a bullet lodged in the heart from killing, but we do know that a healthy body will always do the very best possible under any circumstances, and we read of many freak performances in which life has been retained under seemingly impossible circumstances.

Disease is a beneficent instead of an evil thing, and although it may kill in attempting to do its good work, that depends on how we have allowed the sixteen elements to become arranged. If we have let them get too far away from the required balance we are beyond hope.

Now, dear readers, I do not want you to run away with the idea that if you have anæmia from a shortage of iron, or goitre associated with a shortage of iodine, or decayed teeth from a shortage of lime and phosphorus that you can swallow some iron or iodine or lime and everything will be corrected. Biological chemists warn us that no iron tonic ever concocted has given the body its iron. Medicines taken in this way are not assimilable, and every chemist and druggist's shop should be emptied holus bolus into mid ocean, and every medical man who prescribes them should follow. The elements to be assimilated must be taken in the wonderful combinations made by Nature.

Sugar and salt for this reason should also be avoided as you would drugs from the druggist's. The cells do not accept these substances and they

merely remain as foreign matter, clogging and causing injury.

The cooking of foods alters their chemical combinations and throws the balance right away from the requirements of the body, and many modern investigators, such as McCain and others, show that that refining of foods is sheer lunacy. The adding of chemicals and coal tar dyes to foods is nothing short of slow murder.

Professor McCollum has demonstrated that wheat as a sole article of food is undesirable, because, to be a whole food it requires the green leaves. The grain by itself does not provide the elements in the necessary proportions.

In *The Newer Knowledge of Nutrition* this investigator states :

“Experiments on diets composed of purified proteins, carbohydrates, fats and mineral salts, confirmed the results of the earlier investigators. *The animals lived no longer on such food mixtures than when allowed to fast.* The rations employed were of such character that the most thorough chemical analysis could reveal no reason why they should not adequately nourish the animal. It seemed obvious that there was something lacking.”

This shows the great truth of my previous statements. With all our cleverness, we can put together in any form or combination, the correct chemical constituents in a grain of wheat, but we cannot make it grow. We cannot imitate Nature's wonderful methods of combination.

My definition of vitamins is that they are only the difference between man's method of combining the

chemical substances and Nature's method of combining the same substances. They will never be isolated because, in this sense, they do not exist as separate entities.

We can put foods, even apparently chemically correct, into our body, but we cannot make that body do its work unless Nature has combined those food elements for us. The more we tamper with them, the worse off we are, and the closer we stick to Nature's foods the better for us. If we depart ever so slightly from Nature, some harm will surely eventuate somehow, sometime.



## ARTICLES OF DIET PREDISPOSING TO CANCER

Various theories have been put forward as to the particular article or articles of food which have the greatest predisposing effect in cancer. In turn we have the theory of salt being the culprit, yeast, tea drinking, meat eating, hot drinks, the preposterous theory as to raw vegetables, and so on.

What would we expect to happen in the case of a person past middle age who is still partaking of the same diet, heating and fat producing, as when he was growing and working. His kidneys and liver are probably so weakened from uric acid troubles, that they cannot successfully cope with the continual influx. His body deals with the matter to the best of its ability, but is it not reasonable to suppose that excessive stimulation would be the most likely cause of an overgrowth of cells? This may take place at any weakened spot where natural healing processes have been commenced.

The cells have been weakened by being continually supplied with a wrongly balanced ration. They may be deficient in phosphorus, iron, calcium, potassium, manganese, chlorine, in short, any of the mineral salts that we empty away in refining and cooking our foods. Their resistance to the natural desire for growth is weakened by old age, and this continual supply of wrong chemical constituents, and so the growth commences. If the absence of silica, as has been stated, or other mineral constituents, is a

predisposing cause, what has a greater influence for neutralising and depriving the body of its minerals than that mineral-hungry, lime-loving substance, sugar, as McCann points out in *The Science of Eating*. It is not so much what the sugar puts in, but what it takes out of the body.

Now we must ask ourselves what particular articles of diet would account for this sudden *increase* in the incidence of this fell disease? There can be only one answer if we consider all the facts. Steam roller flour was invented in 1879 and refined sugar about the same time, and cancer has been on the steady increase ever since.

Why is all civilisation permeated with this insidious sugar evil? Why do doctors and educated people labour under the delusion that it is a necessary article of food? The whole thing is really preposterous. We have depraved our taste to the extent that we must have almost all our drinks, with meals, sweetened into a sticky, sickly sweetness (viewing the matter from the natural taste standpoint). We must eat more of the sticky, sweet substance on entering a theatre or on any possible pretext. In 1700, the amount used in Great Britain was 10,000 tons; in 1800 it was 150,000 tons and in 1885 it was 1,000,000 tons: in 1923 it was nearly 8,000,000, tons. What is worse still, is the fact that it has become more and more refined, and thus more and more injurious to the human body. With its refinement, the confectionery experts are becoming more and more expert in making highly attractive confectionery of all descriptions, and further vitiating the consumer's tastes.

Americans eat two billion pounds of candy a year, and pay a billion dollars for it. There are two hundred thousand retail candy stores in the United States.

What a tremendous error of civilisation !

Majendie and others showed that animals fed on commercial sugar perished in from two to four weeks with all the symptoms of exhaustion and atrophy. Its use produces catarrhs, heartburn, neuralgia of the stomach, acid eructations, loss of appetite, anæmia, and either a state of constipation or diarrhoea.

Doctor H. Valentine Knaggs says that those who wish to maintain a high resistance to disease and decay, and a clean digestive and circulatory system, should wean themselves away from the habit of sugaring tea and coffee, lemonade, and other beverages.

It has been picturesquely but truthfully said that "sugar burns in the body like paper in the fire, it flares up, giving momentary heat, but leaves a lot of useless waste in the grate." This scourge has insidiously crept in, and grown in a somewhat similar manner, and coincident with the cancer scourge. It has grown under our very eyes, with our unsuspecting consent, and we are still asleep to its possibilities for evil.

Of course sugar eating will not account for all the incidence of cancer. Fish and animals are known to become cancerous and they do not eat sugar. In this connection, however, we have the discovery of an investigator on obtaining rats which come from a sugar refinery, that they almost all had cancer of the stomach. His investigations led him to discover that the rats had been eating cockroaches and the cockroaches all had a small parasitical worm. In my opinion, he passed over a much more important fact, and that is that the rats came from a sugar refinery and had probably been living partly on sugar, and I venture to say that his investigations

would lead him nowhere because he overlooked this important fact.

Doctor Bulkley says :—" In every instance, what is called malignant disease, is but an aberrant action of originally normal body cells. As normal cells find their nutriment in the circulating plasma so some pathological change in this latter causes them to take on abnormal action."

While starches and carbohydrates generally have a clogging and hardening effect upon the tissues and arteries, this poisoning and deadening effect may hardly in itself suggest the causation of abnormal growth. The sugar acts upon the body in a similar fashion to a mass of slack thrown upon a poorly burning fire. Of course, if stimulation can be applied to the fire, the slack makes an enormous blaze. There are many wrong factors in our civilised diet to be taken into consideration in accounting for this abnormal growth. We must search now for the cause of the over stimulation. After carefully studying various works on the subject I have come to the conclusion that any departure from a natural diet will assist the formation of the foul growth. For instance the Hon. Rollo Russell, in *Notes on the Causation of Cancer*, says: " Among the strictly dieted monasteries, such as the Cistercian, about four hundred men, for twenty-eight years, there has been only one case, that of a monk addicted to using large quantities of pepper." Pepper is recognised and used as a stimulant. Perhaps to convey my idea a little more clearly it would be better to quote Dr. Trall as to the true rationale on stimulation :—

" Medical men teach us that animal food is more stimulating. Here, for once, the premise

is true. But stimulation and nutrition happen to be antagonistic ideas. Just so far as a thing stimulates, it does not nourish. Just so far as it nourishes, it does not stimulate.

“There is no more widespread delusion on earth than this, which confounds stimulation and nutrition. This is the patent source of that awful error—or, rather multitude of errors—leading all the nations of the earth into all manner of riotous living, and urging them on in the road to swift destruction. This terrible mistake is the prime cause of all the gluttony, all the drunkenness, all the dissipation, all the debauchery in the world—I had almost said, of all the vice and crime also.

“But what is this stimulus of animal food? Let us see if we cannot understand it. What is a stimulant? It is anything which the vital powers resist with violence and expel with energy. The disturbance of the organism which denotes this resistance, constituting a kind of feverishness, is stimulation. It is a morbid process. It is a disease, hence a wasting process. Medical books have a class of medicines which are called stimulants. They are all poisons, not foods. Among them are alcohol, phosphorus, ammonia, cayenne pepper, etc. Anything which is foreign to the organism may provoke vital resistance, and in this sense be called a stimulant.

“But how does animal food stimulate? It always contains more or less effete materials—the debris of the disintegrated tissues, the ashes of the decayed organism—with more or less of other excrementitious matters. These impurities cannot be used in the organism, and there-

fore must be expelled ; and this expulsive process, amounting to a feverish disturbance, this vital resistance, is precisely the rationale of the stimulating effect of animal food. And thus we prove that animal food is impure precisely in the ratio that it is stimulating, and for this reason objectionable.

“ All that can be alleged in favour of flesh-eating because of its stimulating properties can be urged, and for precisely the same reason, in favour of brandy-drinking or arsenic-eating.”

The Hon. Rollo Russell proves conclusively that alcohol and the other “ stimulants ” all cause an increase in the incidence of cancer. So here we have an idea—the excessive clogging with cereals, starches and sugar, and the continual use of some stimulant such as animal flesh, tea, alcohol, condiments, drugs, and so on.

But now we come to a question overlooked so far. Which class of foods is the most likely to cause abnormal growth ? Now, however innocent they may appear when we are so accustomed to their habitual use, the answer can only be: dairy products, milk, cream, butter, eggs, etc.

Of course Bernarr McFadden, Doctor Porter, Professor McCollum, Doctor Plimmer and other great investigators and humanitarians, will throw up their hands in horror at the mere suggestion. But let us examine this cow's milk a little more closely. Butter and cheese are merely extracts from the milk and if the milk itself is injurious, its extractives are even more harmful in the light of our theory of disease.

Hereward Carrington in *The Natural Food of Man* says : “ Coming as these do from the animal world,

they are open to all those objections which might be urged against the use of flesh meat, only in a lesser degree."

Mr. Otto Carque, writing in his *Folly of Meat Eating*, said :—

"Cows' milk is a splendid food for calves but it cannot be recommended very well for human beings. The natural food supply of the infant, mother's milk, forms very small soft curds, which are easily broken up and digested. They are entirely different from the curds formed by cow's milk, which are tough and only adapted to the four-stomach digestive apparatus of the calf. An exclusive diet of milk may often increase the weight of a person, but this is due to its large percentage of water, while it does not contain enough indispensable salts for the adult who needs a larger percentage of iron, sulphur, and silicon in his food."

But now let us pause and think quietly, for a moment, of the function of milk in Nature. Milk is the one food in the world that provides such speedy growth. Its function is to give the newly born animal that special and extraordinary growth which quickly fits it for the business of obtaining its real food. Nature evidently recognises that this special growth is a dangerous thing, and at a certain exact period the supply is automatically discontinued, and remember this—it is as if Nature said, "You must never have another drop of milk again, as long as you live."

If it were not for our civilisation, with which cancer is so closely associated, how would it be possible for living creatures ever again even to

taste these dairy products after the natural period had ended ?

That milk is a "splendid" food for growth has been ably demonstrated experimentally by various investigators into the question of vitamins. But then after growth has been established in the case of an adult, why on earth should such a specialised growth producer be still included in the dietary ? Food is required only to repair the cell waste, so here we have another instance where Nature is much wiser than her poor, deluded, highest products. Nature says "Stop," but we carry on with the supply, and so the milkman calls with his cow's milk religiously every morning, besides which we would not think of a meal without large quantities of butter. Eggs also fall in the same category and are one of our most common articles of food. The more proof our scientists give us as to the growth-producing powers of all these foods, the more they are condemning them to my mind as being possible assistants in the causation of cancer.

This idea appears revolutionary, but how can we escape it ? Cancer is an insidious disease, remember, and any contributory cause is worthy of extremely close investigation. The appalling fact that at least fifteen millions of our fellow men now living in the United Kingdom and America must die of this disease makes the matter one of extreme urgency, especially as the figures are increasing yearly.

It will not be necessary to quote the various experiments of McCollum, Mellanby, Hopkins, Edelstein, Tangstein, Berg, and many others, to show the growth-promoting qualities of milk. Perhaps a sentence from *Vitamins* by Ragnar Berg may not be amiss :—



“ It must not, however, be forgotten that full milk contains in addition to proteins a number of other bodies competent (even when administered in very small quantities) to exercise a powerful influence in promoting growth. Hopkins, for instance, experimenting on young rats, found that weight could not even be maintained in these animals on a diet of casein, fat, carbohydrates and salts ; but the addition of very small quantities of milk (increasing the amount of dried matter in the diet by only 4%) sufficed to ensure growth.”

Harrow also says :—

“ Until the mystery of the numerous enzymes and of the vitamins is thoroughly understood it is impossible to say whether or no there is some special vitamin in milk which may produce variation in certain enzymes in the body and so on. No one can explain the enzymes, and yet there is ‘not a reaction in any one of the multitudinous cells of the body in which enzymes are not involved. Our very life is dependent upon their presence. They have much in common with the elusive and unknown number of vitamins.’ ”

My own experience with milk and eggs has been that when living on ordinary foods, we could take any amount of either without being *apparently* the worse. Now that our food instinct is returning with the natural diet, milk and cooked eggs have a very upsetting effect on our digestive organs. The experience is like that of the boy with his first cigarette. Our bodies register injury. My last experience with eggs was a month or two ago when,

by way of experiment, I thought I would try two lightly poached eggs, and it was four days before I felt just right again. No more for us so long as nuts, fruits and uncooked greens are obtainable.

Finally it would be preposterous to say that the consumption of milk, eggs and butter could be a sole cause of the cancerous growth, because no doubt, large numbers of civilised peoples who live and die without the slightest suspicion of this disease, may be large consumers of these foods. The other necessary factors may be absent, such as the presence of overwhelming toxins and poisons from the consumption of sugar, white flour, meats and so on, and from the mechanical impaction of the bowels caused by these foods. We cannot deny however that the much lauded dairy products are great growth producers and entirely and absolutely unnecessary in the diet of matured human beings. They are open to very grave suspicion.

As we have seen, disease is merely the body attempting, while it still has the vitality, to expel the rejected substances which the cells do not require. Sometimes there is so much of this rejected matter, what with over-eating, the consumption of alcohol, tea, coffee, sugar, confectionery, salt, drugs, and medicines, white flour, cooked foods and the doubtful dairy products, that the cancer is formed to eat up the poisons and toxins resulting.

It is the body's last effort of defence, but, unfortunately, by this time it is usually too late to effect a cure, and it is a fortunate person who can retrieve the ruin—the end result of all manner of abuse. The body is so saturated with wrong substances that the good parts and vital organs are overwhelmed.

Doctor Anderschou, in *Cancer, its Cause, Preven-*

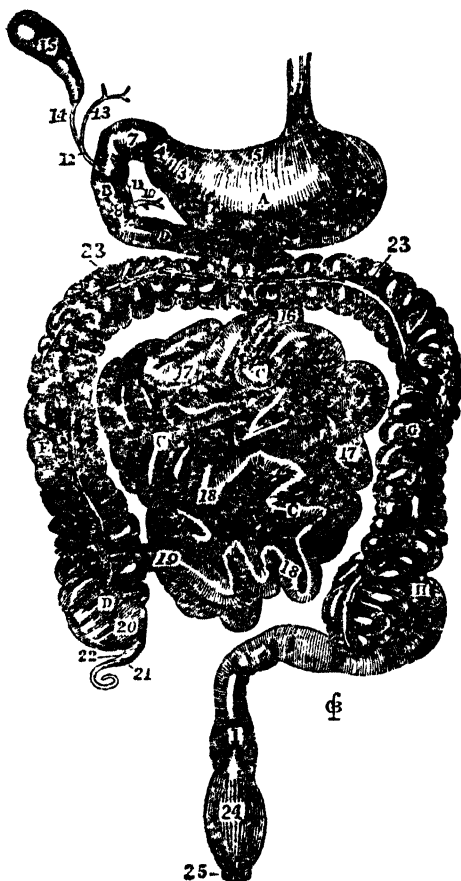
*tion and Cure*, states, however : “ In far advanced cases, where great areas of tissues are broken down . . . it is difficult to promise full recovery. Even then the fruits of the tree and the juice of the living green vegetables might do wonders.”

It is the only chance.

## HORRORS OF THE DIGESTIVE TRACT

I must now give my readers some slight idea of the condition of their own digestive organs, especially the colon. To make everything perfectly clear to readers who do not understand their own internal arrangements, we reproduce the strikingly clear picture on page following.

Fig. 1, the œsophagus ; 2, the great, or cardiac extremity of the stomach ; 3, its lesser, or pyloric end ; 4, a constriction corresponding with the pylorus ; 5, the superior, or lesser curve of the stomach ; 6, its inferior, or greater curve ; B, the duodenum ; 7, its ascending portion ; 8, its descending portion ; 9, its transverse portion ; 10, the termination of the pancreatic duct, opening into the descending portion of the duodenum near its inferior angle ; 11, the termination of the ductus communis choledochus ; 12, the ductus communis choledochus ; 13, the common hepatic ducts ; 14, the cystic duct ; 15, the gall-bladder ; C, C, the small intestine ; 16, the upper part of the jejunum where it is continuous with the duodenum ; 17, 17, the jejunum ; 18, 18, the ileum, of a lighter colour than the jejunum ; 19, the termination of the ileum in the large intestine ; D, the cœcum ; 20, the cul-de-sac of the cœcum ; 21, the appendix vermiformis, connected with the cœcum by a delicate mesentery, 22 ; E, the ascending colon ; F, the transverse colon ; G, the descending colon ; 22, 23, the longitudinal bands of muscular fibres which produce the peculiar



sacculated character of the colon ; H, the sigmoid flexure of the colon ; I, the rectum, in which the sacculated appearance is lost ; 24, some of the longitudinal muscular fibres seen upon the rectum ; 25, the sphincter ani.

The following appears in *The Royal Road to Health* by Doctor Tyrell, a man who had a very clear conception of one of the main causes of disease, and the deficiencies of his own profession.

“ In the first place, the colon has had but scanty attention paid to it in the dissecting room, until of late years the appendicitis craze has awakened some interest in it. Its importance was not realised—the circulatory and nervous systems receiving the lion’s share of attention. In the second place, in holding post-mortems, the organ was avoided, cut off, if in the way, and thrown into the slop bucket. It was known to be always full, so the ends were tied to keep its contents of gas and substance from breaking into the pleasure of the occasion. No one ever asked whether or not it was natural in its fulness of fæcal matter and the scent bag property ; and the physician taking it for granted that the colon is like the rest of the intestinal canal, cuts it off and gets it out of the room as soon as possible, because of its tendency to disturb the olfactory nerve. As a result probably the profession knows the least about this important organ, of any in the human body, which, from day to day, from week to week, and from year to year—absorbs its filth back into the circulation.

“ Daily movements of the bowels are no sort of sign that the colon is not impacted ; in fact, the worst cases of costiveness that we ever see are those in which daily movements of the bowels occur.”

He also quotes Doctor H. T. Turner of Washington, who gives the following experience :—

“ In 1880 I lost a patient with inflammation of the bowels, and requested of the friends the privilege of holding a post-mortem examination, as I was satisfied that there was some foreign substance in or near the Ileo-cæcal valve, or in that apparently useless appendage, the Appendicular Vermiformis (see explanation of engraving).

“ The autopsy developed a quantity of grape seed and popcorn, filling the lower enlarged pouch of the colon and the opening into the Appendicular Vermiformis. This alone, indicated that my diagnosis was correct. I opened the colon throughout its entire length of five feet, and found it filled with fæcal matter encrusted on its walls and into the folds of the colon, in many places dry and as hard as slate, and so completely obstructing the passage of the bowels as to throw him into violent colic (as his friends stated), sometimes as often as twice a month, for years, and that powerful doses of physic were his only relief ; that all the doctors had agreed that it was bilious colic. I observed that this crusted matter was evidently of long standing, the result of years of accumulation, and although the remote cause, not the immediate cause of his death. The sigmoid-flexure (see engraving), or bend on the colon on the left side, was especially full, and distended to double its natural size, filling the gut uniformly, with a small hole the size of one's little finger through the centre, through which the recent fæcal matter passed. In the lower part of the sigmoid-flexure, just before descending to form the rectum, and in the left hand upper corner of the colon as it turns towards the right, were

pockets eaten out of the hardened faecal matter, in which were eggs of worms and quite a quantity of maggots, which had eaten into the sensitive mucous membrane, causing serious inflammation of the colon and its adjacent parts, and as recent investigation has established as a fact, were the cause of his hemorrhoids, or piles, which I learned were of years' standing. The whole length of the colon was in a state of chronic inflammation; still this man considered himself well and healthy until the unfortunate eating of the grape seed and popcorn, and had no trouble in getting his life insured in one of the best companies in America.

"I have been thus explicit in this description, from the fact that recent investigation has developed the fact that in the discovery described above, I had found but a prototype of at least *seven-tenths of the human family in civilised life*—the real cause of diseases of the human body, excepting the grape seed and popcorn. That I had found the fountain of premature old age and death, for, as surprising as it may seem out of two hundred and eighty four cases of autopsies held of late on the colon (they representing in their death nearly all the diseases known to our climate), but twenty-eight colons were found to be free from hardened, adhered matter, and in their normal healthy state, and that the two hundred and fifty-six were all more or less as described as above, except, perhaps, the grape seeds and popcorn. In many of them the colon was distended to double its natural size throughout its whole length, with a small hole through the centre, and as far as could be learned, these last cases spoken of had



regular evacuations of the bowels each day. Many of the colons contained large maggots, while blood and pus were frequently present."

No words of mine can add to this not very pleasing picture of what you have possibly allowed bread, meat and cooked vegetables, starchy puddings, together with poisonous drinks, to do to those marvellous gifts of Nature, your digestive organs. But it may be as well to add that Doctor Tyrell's book was written over twenty years ago, and that since that time foods have become worse and worse and man's palate more and more vitiated and depraved. Therefore these conditions are becoming worse instead of better.

Sir W. Arbuthnot Lane's recent experiments also prove that this is so.

Professor Arnold Ehret, one of the greatest healers, and the greatest dietitian the world has yet seen, gives us a clear insight into the internal condition of almost every man, woman and child amongst us. He states :—

"Your constitutional encumbrances throughout the entire system are the source of every disease, the greatest and most harmful source of lowered vitality, imperfect health, lack of strength and endurance, and any and all imperfect conditions ; *all have their source in the colon, never perfectly emptied since birth.* Nobody on earth to-day has an ideally clean body, and therefore perfectly clean blood. What medical "Science" calls normal health is in fact a pathological condition.

"I had fat patients that eliminated from their body as much as *fifty to sixty pounds*

*waste, and ten to fifteen pounds alone from the colon—mainly consisting of foreign matter, especially old, hardened fæces. The average so-called “healthy” man of to-day carries continually with him, since childhood, several pounds of never-eliminated fæces. One “good movement” a day means nothing. A fat and sick man is in fact a living “cess-pool.”*

“Medicine—and the average man, of course—believes that you are growing flesh and increasing health” (consumptive sanatorium patients please notice) “if you daily increase your weight by ‘good eating.’ If the colon of a so-called ‘healthy’ fat man is cleaned of his accumulated fæces—even though he has regular stools, he at once loses from five to ten pounds of the weight called ‘health.’

“Weight of fæces, figured by doctors as health!! Can you imagine anything more erroneous, more wrong, more foolish, and at the same time more dangerous to your health and life.”

## FAT IS FILTH. FAT IS NOT FOOD

“Fair, fat and forty should be Fair, fat and filthy,” says George Bernard Shaw.

Now that we have got so far in our study of disease it is useless to describe the various pathological conditions. This is not a book of pathology. Pathology is the great science of end effects. There are, alas ! too many such books in existence already. This is a book of life and hope. However, I would like to warn my readers of one great, evil result of those sixteen elements being in wrong proportions, and that is—fat. The whole world is deluded into regarding fat as a sign of health, whereas it is a symptom of disease.

Any deviation from the normal shape means a diseased condition, so much so, that the great healer, Louis Kuhne, built up his *Diagnosis of Disease by Facial Expression* on this foundation. He showed that fat was merely the encumbrance of different parts of the body with morbid matter. He could diagnose the disease and condition of the body from the shape and position of these deposits and his sole idea of cure was to get rid of them. For instance, if he saw a patient with a neck bulging at the back he showed that the morbid matter was encroaching towards the brain and mental deterioration was to be expected. If this morbid matter gathered up the front, towards the head, a consumptive condition was probable, and so on. Now if I find a particular friend developing this fat, strong as the term may

seem, I try to make him realise his condition by saying that he is storing up excreta.

I explain in this manner—that fat is gathered because he is eating too much, of the wrong substances ; so much so that the organs of elimination are unable to handle all that the cells do not require. Therefore the long suffering body stores the rejected matter in the most suitable form—which we call fat—storing it in any available nook or crevice, in the meantime—*waiting an opportunity to excrete it*. Which opportunity, dear reader, rarely comes. Therefore I argue that fat is, or rather should be, excreta.

We really know this instinctively but our thoughts on the subject are muddled. When we see an over-fed looking gourmand of a man or woman we feel an instinctive dislike, and know they are deteriorating.

Yet you hear Bill Jones saying that his health is improving. He has gained over two stone in six months. I should say that his digestive organs were on the down grade and that he was eating injudiciously.

There is only one shape for the body in health, and that is the beautiful slim and graceful shape we all admire so much but very rarely see. And what is more, there is no reason for the foolish idea that our figure should vary materially until great old age has been reached. The reasons why we gather weight with advancing years must be clear in the light of those physiological facts.

The difference between youth and old age is that the softness and flexibility of the body in youth gradually gives way to a hardening and toughening of the whole body in later life. That this hardening process occurs at a preposterously early age in civi

lised man there can be no question. We are barely out of our teens before we begin to lose that suppleness of youth. Obviously diet and wrong habits, which usually have their root in wrong diet, can be the only culprits. Cereals, especially, fill our bodies with foreign matter, and toughening and hardening substances. When living on a natural diet, the body retains its natural resiliency for a long period, and this it even regains on resuming correct eating habits.

Dr. Abramowski tells us that at the early age of fifty he was a short, podgy man of fourteen stone. He became convinced from his bodily condition that something was wrong with his dietary, so set about experimenting until he arrived at the truth. After living on fruit, nuts and vegetables for a short time, this fat, and all manner of minor diseases such as eczema of the ear, piles, catarrhs, etc., disappeared, leaving his skin hanging in bags. His friends were alarmed and begged him to desist, but the doctor felt splendid and laughed at their fears. At last he weighed only ten stone, his normal weight, the skin became normal once more, and his bodily functions wonderfully improved, with a corresponding lightness of motion and evenness of all the organs. He practically became a young man in every way, and could perform feats on the gymnastic apparatus better than his son of fourteen and more difficult ones than he could do thirty years before.

There is positively no necessity for this increasing weight with advancing years, and what is wrong in youth is wrong later on.

Now that we understand a little better why this substance which we call fat and which Louis Kuhne calls morbid matter, grows on the body, I want to direct the reader's attention to one great possibility for disease causation in the food of civilisation

—one possible cause for the large increase in cancer. We see that a healthy person should not gather this encumbering fat. Why then should a healthy pig or a healthy duck be encumbered with this substance. Why should fat not be classed in their case as the fat on the human, viz., filth.

We pen a pig in the smallest possible space, so that it obtains no exercise. We feed it on all manner of foods, deficient and otherwise in the sixteen elements. The pig is in the same position as the overfed humans. It cannot excrete all the waste matter, and stores it in the most suitable form, i.e., Fat. This is the condition in which we love to see our animals for the table. We love to have them littered with this fat, but I want the reader to pause and ask himself seriously how can this, apart from all other considerations, be good to eat? How can it be right to eat this rubbish, this excreta? No wonder if it promotes the growth of foul and abominable diseases such as cancer.

I would not quarrel so much with the Esquimaux, for instance, who catch a seal after it has been living a vigorous and natural life. They kill their food and tear it to pieces immediately, eating it sometimes in its uncooked condition. I have not so much quarrel with a hunter who kills and eats a wild boar which has been living on its natural food and leading a natural existence. But I must draw the line at civilised man's habit of gloating over his unnaturally fat domestic animals.

To prepare ducks and other poultry for the market we keep them under absolutely unhealthy and unnatural conditions, apparently attempting to make the creatures diseased. We then take a pride in this diseased condition, and consider it as a great delicacy. We deserve all the trouble we get, and the

consequences of consuming this substance in such huge quantities may be very far reaching indeed.

Imagine the beautiful clean fat of the delicate-flavoured Jordan almond. Compare it with the rancid substance we have just been describing from the corpse of a hog, and there you see the difference between the right and wrong ways of obtaining our fats, the difference between health and disease—the difference between Nature's wonderful methods of providing food and man's puerile, contemptible, and sometimes loathsome methods.

## THE MODERN GERM THEORY

The apparent contradiction in the views expressed as regards the modern germ theory of disease are rather puzzling. Both sides—the upholders of the germ as the cause, and the dissenters—have a certain amount of truth in their reasoning. There is no doubt, however, that the germ theory has been worked to death, and fear of the microbe has rushed us from the frying-pan into the fire.

Even if the germ theory was strictly correct as expounded, there is no excuse for the ridiculous, and even weird and wonderful attempts that are made to poison the germ—attempts which ignore the fact that there is a palpitating human organism around the germs. Modern medical science reminds us somewhat of a blacksmith attempting to kill with a big hammer a mosquito on a bald head.

Perhaps Dr. Tilden best explains this modern delusion. He states in *Food*, Vol. II, page 58 :—

“ Germs are one of the many factors necessary to health and life, and when the conditions of their existence are changed so that they are multiplied beyond physiological requirements, then it is, and not till then, that the physiological becomes pathological—that disease and death are forced—because of an unbalancing of the factors necessary for normal existence.

“ The germ theory as worked out, and nicknamed ‘ modern medical science ’ is one of the most gigantic fallacies ever perpetrated by



delusional insanity. How soon the truth will rise and break the bonds of this colossal delusion is beyond the prophetic power of ordinary seers, but in the meantime those who are not caught in the meshes of this logically constructed delusion should endeavour to understand man and the laws of his being, so as to formulate rules of conduct which, if he respects, will cause him to live immune to disease, the science of bacteriology to the contrary notwithstanding."

The late Dr. Rudolph Vichrow, who was conceded to be, in his day, the world's leading authority on this subject, at a session of the International Medical Congress held in Paris, stated :—

"Microbes are always found where there is no appreciable disease, and *may be the result and not the cause of diseases.*"

Dr. Henry P. Loomis, of New York City, showed that the germ of tuberculosis does not appear in the sputum of a consumptive for three and a half months, on an average, from the beginning of the disease.

Professor Pentenkoffer, of Munich, Germany, swallowed millions of the comma bacilla (germs of Asiatic cholera). Professor Emmrich repeated the experiment a few days later by swallowing a culture containing many millions of cholera germs. For more than a week these professors had countless millions of the real cholera germs, taken from the intestines of persons who had died of cholera, in Hamburg, in their alimentary canals. Strange as it may seem, neither of these physicians suffered any inconvenience from the large cholera contagion swallowed.

Dr. Thomas Powell, of Los Angeles, repeatedly allowed physicians and bacteriologists to inoculate into his body the germs of anthrax, glanders, cancer, tuberculosis, diphtheria, scarlet fever, and typhoid fever and never experienced any appreciable effects therefrom.

Many times diphtheria germs have been swallowed in immense numbers, also injected into the bodies of human beings, and they have invariably failed to produce anything resembling diphtheria.

Similar instances can be produced indefinitely, and there can be only one conclusion to draw, viz., that the condition precedent is the disease, and that the germs are only an after, or end effect. As Abrams remarks: "Anatomical changes are sequential to a disease and are not the disease itself."

Throughout Nature, organisms associated with decay can only multiply when the soil is favourable. A healthy orange, for instance, is free from attack. When it becomes weakened and its resistance is lowered the decay germs obtain a footing on the diseased and decayed tissue.

Nature is cruel to the weak and to those who disobey her and yet she is kind to the strong. The strong trees in the forest grow, and the weaklings are destroyed, to ultimately become manure and feed the strong. Evolution is a battle—the survival of the fittest to live, and if you are not fit to live, Nature destroys.

Germs are ever present. They are everywhere. They are Nature's methods of testing. Nature is ever vigilant to return the weakling to Mother Earth for the purpose of manure. Life is only given on sufferance, subject to perpetual testing from Nature's vigilant little workers—our friends or enemies, the germs.

If we load our bodies with impurities, the germs merely help us to be rid of them, and although they may kill if we have wrongly dealt with our vitality, they are really doing a beneficent work.

They are attempting to cure or kill us, and whichever way it goes, we are usually obtaining the reward for our own actions.

The medical fraternity in attempting to kill the germs are only adding to our burden. If they succeed, they are suppressing the curative effort on the part of the germ, and further loading our system with impurities. If they fail, we have so much extra suffering and pain with which to end our career. Drugs, vaccines, and anti-toxins are surely inventions of the evil one, although it would possibly be wrong to stigmatise all their purveyors as his willing servants. A large number of them are ignorant.

## THE WRONG AND RIGHT FOODS THE IDEAL DIETARY

It is customary for writers on dietetics and health to give a list of menus which, in their opinions are the correct thing, and the jumble of ideas that one obtains in looking through modern literature of this description is amazing. The trouble is that all have discovered some insurmountable objection to one or more kinds of food or feeding methods, but fail to see the objections to their own dogmatic assertions.

McCann puts up a tremendous battle against the refinement of foods and rightly so, yet although he conclusively proves that man can live and put up better performances without meat, he himself takes a small amount of cooked meat per week and altogether seems to be rather in favour of a little meat and vegetables, etc., conservatively cooked, so long as we abolish white flour, sugar, etc.

That arrogant and blatant writer, Dr. W. H. Porter, in *Eating to Live Long*, proves that he knows nothing about vegetarianism by stating that he knew only one simon-pure, dyed-in-the-wool vegetarian, and he was a vile tempered old printer who probably knew less about diet, if that were possible, than Porter himself. However, he was persuaded to return to the good old beef steak and became a good-natured, decent man again. This only proves Dr. W. H. Porter's colossal ignorance, and yet he rushes into print with a book full of so-called logic which a child could answer, especially that

part of it where he argues in favour of the sale of alcoholic liquors, etc. His argument here is that alcohol is a valuable medicine (which is a delusion by the way) and therefore should be on sale everywhere as a beverage. This ridiculous logic applies equally, I suppose, to other so-called valuable medicines, such as cocaine, morphia, opium, etc. However, Dr. Porter also puts up a fight against sugar, confectionery and potatoes, so even this writer in spite of his arrogant nonsense in favour of beef steak and similar rubbish, has discovered some improvement on the average diet.

Eustace Miles, that well-known and enthusiastic food reformer, who no doubt has performed wonders of good work in this world of ignorance on such matters, wisely abolishes all flesh foods from his dietary, but is too much in favour of cooking *ad lib*. I must admit he states that all food reformers have a tendency to work towards the unfired dietary.

Doctor Alexander Haig whose researches have done much to help suffering humanity on to the right path, and whose works are regarded as classics on the subject of "Uric Acid," rightly condemns flesh eating, tea, coffee, cocoa and alcohol as producing excess uric acid and similar poisonous substances in the body. He is wonderfully convincing and cannot be refuted; he should be regarded as one of our great benefactors, but in attempting to evolve a diet free from uric acid he went to endless trouble, and his diet sometimes produced results just as bad as any other diet. The reason for this is that the food is too refined, causing acidosis. The uric-acid-free dietary includes too many cooked, devitalised foods.

Dr. J. H. Tilden in journalistic, American fashion tells us over again the truths that have been evident

in the works of many previous writers, but in attempting to compile menus, he is guided more by his stomach than his brains, and in many instances they are contradictory to his own teachings.

We have writers who argue in favour of an all fruit dietary and an all milk dietary and even all meat and water as in the Salisbury treatment.

I have quoted sufficient for my purpose to show that a large number of investigators have discovered a small part of the truth, but are blinded to the whole truth by their own somewhat circumscribed ideas.

Now it is my opinion that any food is good food that we enjoy, can assimilate, and which contains all the sixteen or more elements in their natural proportions and combinations, as required by the human body.

Horses live and thrive best on grasses, so notwithstanding all the modern theories and various tables of proteins, carbohydrates, fats, etc., all the real food elements necessary must be in that grass, but they are not in white bread. Goats thrive on the leaves of bushes and trees and so the food elements must be there, but they are not in boiled cabbage, sugar, or confectionery. Elephants thrive on vegetation and we do not hear of these creatures fainting for a cup of tea or a glass of whisky. The orang-outang, whose intestines and digestive organs are so similar to man's, lives entirely on raw fruits and nuts and possesses such enormous strength that he is the giant of the tropic forest. So the elements must be there. Therefore no notice need be taken of the modern professors and so-called dietitians.

If we could assimilate and enjoy grass it would be a good food. Any forms of vegetation whatsoever that are non-poisonous and assimilable by our diges-

tive organs are good food, and that is the whole basis of my thesis.

Fruits and nuts are to us the most attractive and appetising form of food in their natural state, and so therefore must be our food. Compare bunches of grapes, apricots, passion fruit, peaches, pine-apples, almonds, etc., with a dish of steak and kidney pie, haricot mutton or cooked, devitalised cabbage. However nice tasting the latter appears to us it is obvious that it is a depraved and vitiated taste. When we consider that life is sustained in a much more efficient manner on the former diet, and perfect health and stamina are the result of their use, there appears to be no argument left in favour of our modern dietary. Morally, mentally and physically, experience shows that man is immeasurably superior on returning to his natural foods.

Now to give the reader the usual voluminous and tedious account of the best foods to use and the best way to prepare them and combine them, etc.

Three meals a day are in my opinion better than one or two, with all due respect to Dr. Dewey. In my own household we have a vegetable, a nut, and a fruit meal, so there you have the whole menu in a nut shell as it were.

To be more explicit, however, it may be best to explain that at the vegetable meal, we eat any vegetables that we enjoy in their uncooked state such as tomatoes, lettuce, celery, radishes, spring cabbage, carrots, spinach, onions, cucumber, watercress, etc., etc. With this meal we have a small quantity of wholemeal bread and nut butter as a concession to custom. No salt or sugar or any other food is used which has been deprived of some of its sixteen elements. With the wholemeal bread and nut butter we are somewhat upsetting the balance at

this one meal per day, but the average man will find it very difficult to abolish this altogether where he has children, and a custom has been established.

Our next meal is a nut meal—any edible nuts that we enjoy. We usually eat raisins and other dried fruits with our nuts. I know of no more delicate and delicious combination of foods than bananas and Jordan almonds thoroughly masticated together, although this combination we find often causes indigestion, probably because of the bananas being ripened unnaturally.

It is surprising what a small quantity of uncooked food is needed, but the beauty of living on such food is that Nature indicates when to stop and there is not a great danger of over-eating.

Our last meal is a fruit meal, and we have our table covered with dishes of any fruits in season that we all enjoy. Fruit and vegetables are not a good combination, and fruit and cereals do not combine well, so we always have our meals strictly as described. Vegetables cleanse and feed the blood, while fruit cleanses and feeds the tissues. Nuts are body building and heat producing and are the best proteid food we know of. In summer few are needed.

Some people may at first find these foods difficult of digestion after having been used to our modern dietary, but this is only because their digestive organs have been ill-treated and mis-used, and by fasting and careful handling Nature will be found to respond.

For instance, acid fruits may appear not to agree at first, and may cause irritation of the digestive tract, diarrhoea, or indigestion, but this is because these organs have been so weakened that they are unable to break up the acids and set free the potas-



sium base. The acids of the acid fruits, malic, citric, tartaric, etc., are cloaks for the potassium or alkali bases. By normal digestive organs they are broken up in the powerful digestive juices and it is the alkali which is carried to the blood. I have repeatedly heard of medical men forbidding all acid fruits in an acid or rheumatic state of the body, which only demonstrates their ignorance of the ultimate result of the digestion of the fruits.

This dietary may after a time cause the body to obtain so much vitality that in expelling the previously accumulated poisons, boils and rashes are produced. This is a good sign and is proof that good work is being accomplished. All acute diseases are only healing crises and are Nature's efforts to heal. Louis Kuhne's friction hip baths will prevent the boils, and whole packs such as are used in the Scroth cure will greatly assist the skin to eliminate the impurities by the natural channels, which are the bowels, kidneys, and the twenty-seven miles or so of perspiration pores in the body.

## THE SUPERSTITION OF DRUGS AND MEDICINES

Next to the suicidal dieting customs gradually adopted by man, we must class the superstition of drug taking, as at present universally practised, as a crowning stupidity. While our generally accepted medical men no doubt give a certain amount of their time to the treatment (?) of the poor, and undertake many unpleasant labours, in my opinion, they, as drug givers, should be classed as the greatest impostors and frauds known to history, comparable with witch doctors, and medicine men, only ten thousand times worse. Quackery is too gentle a word with which to denounce their practice. Legalised murder would be much nearer the mark. They are all so deeply in the swim, and the living, with their motor cars and mansions, is such an easy one, that those who know better must simply make up their minds to make the best of a bad job and carry on the bad work.

Very few are strong enough to kick against the pricks, and as Bernard Shaw says in that clever work, *The Doctor's Dilemma* :

“ There is this curious psychological fact to be remembered : A serious illness or a death advertises the doctor exactly as a hanging advertises the barrister who defended the person hanged. Suppose, for example, a royal personage gets something wrong with his throat,

or has a pain in his inside. If a doctor effects some trumpery cure with a wet compress or a peppermint lozenge nobody takes the least notice of him. But if he operates on the throat and kills the patient, or extirpates an internal organ and keeps the whole nation palpitating for days whilst the patient hovers in pain and fever between life and death, his fortune is made: every rich man who omits to call him in when the same symptoms appear in his household is held not to have done his utmost duty to the patient."

Mr. Shaw further states :

"Molière saw through the doctors; but he had to call them in just the same. Napoleon had no illusions about them; but he had to die under their treatment just as much as the most credulous ignoramus that ever paid sixpence for a bottle of strong medicine.

"When your child is ill or your wife dying, and you happen to be very fond of them, or even when, if you are not fond of them, you are human enough to forget every personal grudge before the spectacle of a fellow creature in pain or peril, what you want is comfort, reassurance, something to clutch at, were it but a straw. This the doctor brings you. You have a wild urgent feeling that something must be done; and the doctor does something. Sometimes what he does kills the patient; but you do not know that; and the doctor assures you that all human skill could do has been done. And nobody has the brutality to say to the newly bereft father, mother,

husband, wife, brother, sister: 'You have killed your lost darling by your credulity.'

"We have been taught to regard any doubts of the omniscience and omnipotence of doctors as blasphemy. Even the fact that doctors themselves die of the very diseases they profess to cure passes unnoticed. Their reputation stands, like an African king's palace, on a foundation of dead bodies; and the result is that the verdict goes against the plaintiff when the defendant is a doctor accused of malpractice.

"Fortunately for the doctors, they very seldom find themselves in this position, because it is so difficult to prove anything against them. The only evidence that can decide a case of malpractice is expert evidence; that is, the evidence of other doctors."

The whole principle of pushing poisons down the patient's throat to cure disease is based on a wrong conception of disease.

It probably originated when the idea was prevalent that diseases were demons who entered the bodies of perfectly healthy persons, and required to be poisoned and cast out. Peculiar as it may seem, this conception of disease still persists until this day, although the goblins have now become germs. This ignorant conception of disease and its equally preposterous cure reminds one somewhat of the physician who bled his patient for fever with great success as he stated. Unfortunately, however, although the fever abated, the patient died.

Bernarr McFadden describes drugging doctors as being more dangerous than mad savages. He tells us that he arranged for an ailing patient,

accompanied by a well-known reporter from a large New York daily, to call on a number of allopathic doctors. Eleven different doctors diagnosed his case differently. Each maintained that he had a different disease, and every doctor gave the patient a different prescription. Yet these medical men have the profound and inconceivable audacity to pretend that medicine prescribed in this way is a science.

How on earth the doctor can possibly expect to know just how much of the drug will escape the neutralising effect of the gastric juice, and then just how much will stop at the right spot on its way round the body, is a complete mystery. In the first place, the disease has to be guessed correctly and the patient's absorbing powers (for the particular medicine) must be guessed correctly, and then the quantity of medicine to give has to be guessed once more.

This guess work reminds me of a little story I once read of a patient who had just been examined by two doctors and, being anxious to hear the verdict, slipped out of bed and glued his ear to the keyhole of the next room where the doctors were engaged in conversation.

This is what he heard :

1st Doctor. "Have you any idea what is the matter with him?"

2nd Doctor. "Not the least; have you?"

1st Doctor. "Not the faintest; but never mind, it will all be cleared up at the POST-MORTEM."

The *Encyclopædia Britannica* says, "The adaptation of remedies to diseases is, however, greatly wanting in precision and continues to be in large part, empirical and traditional." And from its description of the Hippocratic school of medicine in ancient Greece, that gentleman, while not having

such an extensive knowledge of pathology (the science of end effects) as his modern degenerated followers, had great ability in actually curing disease.

Hippocrates recognised, at least in acute diseases, a natural process which the humours went through—finally being expelled by resolution or crises through one of the natural channels of the body. The duty of the physician was to foresee the changes “to assist or not to hinder them,” so that “the sick man might conquer the disease with the help of the physician.” Good old Hippocrates! Our modern physician aims his efforts at suppression instead of assisting Nature to eliminate, and in his conception of the nature of disease Hippocrates was much wiser.

However, we must not be too sweeping in our condemnation of these modern prescription writers. Some of them have earnestly upheld the truth and have conscientiously given of their very best to suffering humanity. We will quote a few of these honest members of the fraternity.

Doctor Osler, of Oxford University, who died in 1919 and who was regarded as a great authority on drugs said :

“In typhoid fever the patient is now but rarely given medicine. This is the result partly of the remarkable experiments of the Paris and Vienna schools into the action of drugs, which have shaken the stoutest faiths, and partly of the constant reproachful object lesson of homœopathy. No regular physician would ever admit that homœopathic ‘infinitesimals’ could do any good as direct curative agents; and yet it was perfectly certain that

Homœopaths lost no more of their patients than other practitioners. There was but one conclusion to draw ; that most drugs had no effect whatever on the diseases for which they were administered."—*Encyclopædia Americana*, Vol. X.

Another quotation from a most eminent physician of his day published in 1876 :

" Some thirty years ago, after a period of laborious study, I became the house surgeon of a large infirmary. In that institution I was enabled to see the practice of seven different doctors, and to compare the results which followed from their various plans of treatment. I soon found that the number of cures was nearly equal amongst them all, and became certain that recovery was little influenced by the medicine given. The conclusion drawn was that the physician could do no harm, but that his power for good was limited. This induced me to investigate the laws of health and of disease, with an especial desire to discover some sure ground on which the healing art might safely stand. The enquiry was a long one, and to myself satisfactory. The conclusions to which I came were very simple—amounting almost to truisms ; and I was surprised that it had required long and sustained labour to find out such very homely truths as those which I seemed to have unearthed.

" Yet with this discovery came the assurance that, if I could induce my medical brethren to adopt my views, they would deprive themselves of their means of living. Men, like horses or

tigers, monkeys and cod fish, can do without doctors. Here and there, it is true that the art and skill of the physician or surgeon can relieve pain, avert danger from accidents, and ward off death for a time ; but in the generality of cases doctors are powerless. It is the business of such men, however, to magnify their office to the utmost. They get their money ostensibly by curing the sick ; but it is clear that the shorter the illness the fewer will be the fees, and the more protracted the attendance the larger must be the honorarium. There is, then, good reason why the medical profession should discourage too close an investigation into truth.

“ But out of this fraternity there are many men desirous of understanding the principles of the healing art. Many of them have begun by noticing the style of the doctor’s education. They find that he is taught in ‘ halls,’ ‘ colleges ’ and ‘ schools,’ for a certain period of time ; and then at about the age of two-and-twenty he is examined by some experienced men, and, if considered ‘ competent ’ he pays certain fees, and is then licensed to practise as physician. As all regular doctors go through this course, it is natural that all should think and act in a common way, and style their doctrines ‘ orthodox.’ It is equally certain that to such opinion the majority adhere through life. But it has always happened that many men and women have aspired to the position of medical professors, without going through the usual career ; or, having done so, they have struck out a novel plan of practice, which they designate a new method of cure. These have always



been opposed by the 'orthodox,' and the contest is carried on with varying success until the general public give their verdict on one side or the other."—Thomas Inman, M.D. (London), Consulting Physician to the Royal Infirmary, Liverpool; Author of *Ancient Faiths and Modern*; and *Ancient Faiths Embodied in Ancient Names*, etc.

Doctor Eliphalet Kimbrall, in *Thoughts on Natural Principles*, said: "Physicians have slain more than war. As instruments of death in their hands, bleeding, calomel, and other medicines have done more than powder and ball."

Sir John Forbes, Fellow of the Royal College of Physicians, and Court Physician, said: "No systematic or theoretical classification of diseases or therapeutic agents ever yet promulgated is true, or anything like the truth, and none can be adopted as a safe guidance in practice."

Doctor Ramage, F.R.C.S., London, said: "It cannot be denied that the present system of medicine is a burning reproach to its professors—if indeed a series of vague and uncertain incongruities deserves to be called by that name. How rarely do our medicines do good. How often do they make the patients really worse. I fearlessly assert that in most cases the sufferer would be safer without a physician than with one. I have seen enough of the malpractice of my professional brethren to warrant the strong language I employ."

John Mason Good, M.D., F.R.S., said: "The effects of medicine on the human system are in the highest degree uncertain, except, indeed, that they have destroyed more lives than war, pestilence and famine combined."

Doctor J. H. Tilden shows perhaps the clearest perception of modern thinkers when he states in *Food*, Vol. II : " Modern medical science is a wonderfully wrought out system of palliation which in every particular 'borrows from Peter to pay Paul'; breaks down health to relieve suffering; builds a fatal disease by relieving or palliating an innocent one."

I would particularly draw the reader's attention to this remarkably clear perception. It applies to surgery and the whole box of tricks. Take for instance, the modern craze for operations on the appendix. Appendicitis is easily curable with strict fasting, rest and dietetic measures, but the surgeon comes along and feathers his own nest by, as Doctor Tilden states: " building a fatal disease by relieving or palliating an innocent one." Nobody is just exactly the same after such an operation, and abdominal operations are frequently followed later by cancer, commencing from the seat of injury.

The following well-known quotation, from the celebrated physician and physiologist, Majendie, given while lecturing to his class, and published in the press at the time, is one of the frankest of confessions :

" Let us no longer wonder at the lamentable want of success which marks our practice, when there is scarcely a sound physiological principle among us. I hesitate not to declare, no matter how sorely I should wound our vanity, that so GROSS IS OUR IGNORANCE of the real nature of the physiological disorder called disease, that it would perhaps be better to do nothing, and resign the complaint into the hand of Nature, than to act as we are frequently

compelled to do, without knowing the why and the wherefore of our conduct, at the obvious risk of HASTENING THE END OF THE PATIENT. Gentlemen, medicine is a great humbug. I know it is called science. Science, indeed! It is nothing like science. Doctors are merely empirics when they are not charlatans. We are as ignorant as man can be. Who knows anything in the world about medicine? Gentlemen, you have done me an honour to come here to attend my lectures, and I must tell you frankly now, in the beginning, that I know nothing in the world about medicine, and I don't know anybody who does know anything about it . . . I repeat it, nobody knows anything about medicine . . . We are collecting facts in the right spirit, and I dare say in a century or so, the accumulation of facts may enable our successors to form a medical science. Who can tell me how to cure a headache, or the gout, or disease of the heart? I grant you people are cured, but how are they cured? Gentlemen, Nature does a great deal; imagination a great deal; doctors—devilish little when they don't do any harm. Let me tell you, gentlemen, what I did when I was a physician at the Hotel Dieu. Some three or four thousand patients passed through my hands every year. I divided the patients into classes: With one I followed the dispensary and gave the usual medicines, without having the least idea the why or wherefore; to the others I gave bread pills and coloured water, without, of course, letting them know anything about it; and occasionally I would create a third division, to whom I gave nothing what-

ever. These last would fret a great deal; they felt that they were neglected. Sick people always feel neglected unless they are well drugged, 'les imbeciles,' and they would irritate themselves until they got really sick, but Nature always came to the rescue, and ALL the THIRD CLASS GOT WELL. There was but little mortality among those who received the bread pills and coloured water, but the mortality was greatest among those drugged according to the DISPENSARY."

Having quoted sufficient, and I could write chapters more to show that every doctor who writes a prescription is a potential murderer, I want to draw attention to the fact that in 1920, in England, panel patients alone were given over 25,000,000 prescriptions for drugs. It is no small matter we are fighting, my reader, as these figures show, although they must give a very small idea of the drugs consumed each year by civilised imbeciles.

I would advise anyone who has need of a doctor, and who does not sufficiently understand the complaint, or proper methods of cure, to call in the doctor, if he must, to satisfy curiosity by learning the name and possible symptoms of his complaint. The doctor has possibly wasted many years of his life studying pathology (the science of end effects). As soon as that person's back is turned, tear up any prescription for drugs or medicine. Smash all the patent and other medicine bottles about the house and allow rest, proper foods or fasting, sunshine, bathing, perspiration, and Nature to do the healing.

Let us examine this pouring of poisons into the body in the light of my theory of disease. The idea is that all disease is a disarranging—either shortages

or surpluses—of the sixteen chemical elements needed in the composition of the body. Let us try and imagine ourselves as a plant—say one of McCann's pots of buckwheat, and the idea is easy to grasp in its entirety. It is obvious that ALL our food must contain Nature's wonderful combinations of these sixteen elements. For instance, suppose that we eat all our lives the right proportions of fruit and nuts but suppose we have a habit of adding sugar to our meals. This must throw the balance out in the long run, and in the end cause trouble. Or suppose we added only white bread to our meals occasionally—in this instance also the bread has been deprived of most of its valuable minerals and the balance must gradually be disarranged. Then again suppose we have an occasional meal of boiled vegetables, the water, with its valuable minerals, having been emptied down the sink. Suppose we add salt to the vegetables. Now, however innocent and harmless this may appear (and its very innocence has been our undoing), we are throwing the balance out seriously, as we are getting an overplus of sodium in a form which the cells cannot use and a shortage of potassium, iron and all the soluble minerals. It is my firm belief that we must have no concessions—that to attain perfect health and enjoyment of life *all of our foods* should be living foods.

Now considering drugging and poisons in the light of this theory the real foolishness of the proceeding is apparent. Drugs and medicines, which cannot be assimilated by the cells of the body, must simply remain as foreign substances, and cause all manner of later troubles in coming to a resting place in different parts of the body.

All vaccines, serums and injections of any des-

cription are obviously merely storing up more foreign matters and non-assimilable substances, and how on earth this vile superstition has survived so strongly is a mystery to me.

Our very latest absurdity is the 22, or thereabouts, serums of Dr. Spahlinger's attempt to find a cure for tuberculosis. We read that, much to their surprise, a patient who was supposed to be almost clear of the disease died, but he had only about eight of the serums injected because the other varieties were not available. One can only gasp at these absurdities.

No sensible person can possibly fail to agree with H. Bonnell, who has made a life study of vaccination, when he states "Doctor Jenner fooled the profession by calling cowpox 'Variola Vaccine,' meaning smallpox of the cow. It was later found that cowpox had no relation to smallpox but was analogous to syphilis. Amazing as it may seem to intelligent people of to-day, this horrible medical practice was made compulsory in England in 1853. A half-witted Central African would certainly know better than to put matter from the sores of a diseased beast into his own blood, but our modern medical men, dense in the ignorance of the basic principles of sound health, still blast the prospects of the new born soundness of the human body by this diabolical outrage of blood pollution,"

## HOW NATURE CURES

For thousands of years we have been blind not only to correct methods of feeding, but to Nature's wonderful healing agencies. We have shut ourselves into houses, and it is only of recent years that the medical world is allowing itself to be convinced of the value of fresh air and sunshine in the treatment of disease.

Sanatoriums are now established in high altitudes, in which we see tuberculous children learning their lessons, sitting at desks in the snow, and clothed in only bathing costumes. They enjoy their experiences so thoroughly that the idea of being taught in warmed rooms is distasteful. Cold fresh air is one of Nature's great healing agents.

Another healing agent of Nature to which we have been blind, is the rain. We have the spectacle of miserable, decrepit, diseased, and cancerous man cowering away in front of his fire from the very thing that would cleanse and purify his body. We are delighted with the reviving and freshening effect of the rain on all the vegetable and animal kingdom. A few hours' spring rain and our world seems clean and new, and yet in our blindness we have deliberately hidden ourselves from this method of Nature to cleanse our bodies of their impurities.

It remained for an Italian, Christos Parasco, accidentally to re-discover this Nature cure. He found that by lying for hours under a warm shower the rejuvenating effect was marvellous. A large

amount of the impurities and foreign matters are washed from the body during the process, and the effect is to make the patient feel years younger. Diseases which have their root in foreign matters vanish, and the results are regarded by numerous Nature cure experts as wonderful.

And yet this Italian was treated with contempt by numerous orthodox medical men to whom he took his discovery. Even the famous Naturopath, Dr. Benedict Lust, who has, perhaps, a unique experience of hydropathic methods, was incredulous when first approached, but on testing the ideas found the statements of Parasco to be correct.

It is all too foolish for words. The treatment of the warm showers merely corresponds with the cleansing process of the rain, to which we have been blind. Nature has provided an environment of certain foods and conditions into which our bodies have evolved in millions of years of adaptation. Man with his puerile egotism thinks that he can defeat and improve on Nature, but Nature has had the last laugh, as our diseased condition and premature and tortured deaths show. Our bodies were built into and adapted for a certain environment. Alter the necessary and important features of that environment, and deterioration must result.

Chemists have attempted to manufacture healing ointments and antiseptics, and thousands have been evolved. An antiseptic ointment that is sufficiently strong to be of value is also detrimental to the body of the person using it, and the millions of pounds extracted from the pockets of the gullible public have been obtained wrongly.

Here again, Nature has given living creatures a curative agent which, however, would be laughed to scorn by the average individuals.\* I have no



hesitation in saying that Mother Earth herself is a great healer. Clay bandages have wonderfully healing and drawing properties without the harmful later effects of poisonous applications. Care should be taken to use clean earth for the purpose, but even this, provided the internal condition of the patient is reasonably clean, is not of such importance as is generally supposed. It is the poisons within that are of primary importance, if we become infected from without.

Dr. J. H. Tilden states:—"A wound can be bathed with a discharge containing all sorts of germs, and infection will not take place unless the discharge is bound on the wound, or a dressing applied that will prevent the exit of the discharge."

I have received many proofs of the wonderful healing effects of Mother Earth herself, besides the effects of the clay applications used in my own family. During a newspaper controversy with the local medical officer of health, several people wrote me of their experiences. The following is typical :

"I read your welcome letters regarding clay cure. About 30 years ago I met an old friend who was operated on for cancer, and the breast taken off. The doctor said that she could not live any length of time, so she went home to Ireland. While there, her sister told her to use maiden earth, and she got wonderful relief. So much so that she came out again and lived a number of years. She died in Timary (New Zealand) hospital, and while there the doctor thought she was mad because she was craving for a poultice of earth. I saw the cancerous breast after the poultice of earth and the sore was as clean as a piece of fresh

meat, and she told me it soothed her and gave her great 'comfort.' For my own experience, I have been suffering for twenty-one years with a sore leg, a hard swelling sometimes very painful. One night recently it was so itchy that I was desperate, and having tried everything I could from doctor and chemist, I put some wet clay on it. I had a good night's rest and, thank God ! it is splendid ever since."

The healing properties of sunshine, light and colour are well known. The rays of the sun on a hot day are harmful and enervating. For them to be curative and helpful, we should be amongst the green leaves of trees. In the winter time Nature has implanted the desire to bask in the direct rays of the sun, and if we take heed of our natural instincts we will not be far astray.

Louis Kuhne points out that there are periods of energy and repose in Nature. The heat of the day should be a time of repose. Winter is a time of fasting and rest. Civilised man, however, labours under the delusion that he must overfeed in the winter.

Nature has provided us with the correct foods for the different seasons. In the winter time we have the nuts and late fruits, which we can supplement with dried fruits. In the spring we have green, leafy vegetables and berries, and in the summer and late autumn there are beautiful fruits of all descriptions. This should be our guidance.

## NATURE'S CURATIVE SYMPTOMS VITALITY FROM MOTHER EARTH

One of the delusions of modern times is the universal fear of colds. Colds, pimples, rashes, boils, sweats, and in fact all acute diseases are Nature's healing efforts. They are merely the methods of a body getting rid of its impurities for the time being. Of course, if we get rid of a certain amount of accumulated impurities by one of these healing crises, and put in an equal or larger amount almost immediately, the effort has been in vain. In time, by repeating this process the vitality of the body is so lowered that it has not the power to expel. This is the reason why we find that sufferers from chronic complaints such as tuberculosis rarely catch colds. Their body has not the vitality to make the healing and cleansing effort.

Of course, it is a pity we have foreign matters to expel, but once we are encumbered in this way, the expelling process should be encouraged.

Now let us follow this argument to its logical conclusion. We sit in a draft of fresh air and catch a cold. Why? Because the pure, cold, fresh air has added to our vitality. A truly clean and healthy person will not catch cold under these conditions.

Chills, of course, are in a different category, but it stands to reason that anything which causes us to contract colds is really of benefit, that is, if we have the vitality to withstand the healing crises. If our body is in too encumbered or weakened a condition, the healing crises will sometimes kill. Sitting or lying on damp ground is commonly supposed to be a dangerous proceeding, but why should this be so? We see animals sitting or lying on wet earth with apparent impunity. As a matter of fact the results are really beneficial.

There is a peculiar magnetism or electrical current in the earth from which we do all in our power to ostracise ourselves, much to our own detriment.

Dr. Abrams had a very clear conception of the nature of these earth currents. He shows that a subject should be facing West while being used as a medium for demonstrating pathological or other conditions by his (disputed) methods of registering the electronic vibrations. Otherwise the best results are not secured. He also stated that we should sleep with our heads towards the North, because in this position we show a greater profit in the intake and output of energy.

That there is more in this earth power and vitality which we can gain from Mother Earth, and which is proved by the colds so freely caught as consequence of exposure, was shown over 25 years ago by that splendid and much to be revered man, Adolph Just, in *Back to Nature* :

“ Our globe is a body in which powerful life is stirring. Of this powerfully pulsating life, the earth is most willing to give a share to man, as soon as he will but enter into direct

communication with it again. We can frequently make use of this earth power — whenever opportunity offers one ought to sit on the ground. In taking walks or tours we ought frequently to rest by sitting or lying on the ground. Naturally the earth power influences men even through their clothes. Everyone may experience this who will stretch himself quietly upon the bare earth for a time."

He further states, "The acute diseases, typhoid, fever, diphtheria, cholera and what not, which are mostly brought on by taking cold, and which are to-day still terribly dreaded by mankind, are wholly without danger, and prove under correct treatment of the greatest benefit. Nature only has the very best of intentions when she visits us with colds and acute diseases. They are a sort of make-shift of Nature."

This great man, who was years ahead of his time, shows us that we need not fear the coldness and dampness of the earth. He says that "the curative effect is even more potent when sitting or lying on the earth under these conditions, which is proved by the fact that colds are often caused thus, a most favourable symptom, as I have repeatedly shown."

Another method of obtaining this earth power which was practised by Adolph Just was sleeping at nights on the bare earth.

He states: "When I first attempted to introduce lying on the bare earth at the Junghorn I also encountered many prejudices. There was no great desire to try the experiment. Then several of the patients made an energetic effort; they soon became greatly pleased with it, and in their enthusiasm induced most of the other patients likewise to

sleep on the bare earth. The success achieved by all of them was of course surprising."

Father Kneipp achieved wonderful success with his patients, who flocked to him in thousands, by making them walk barefoot on the damp earth or grass. The great benefit derived from this proceeding must be more than the mechanical advantages obtained.

In this instance, also, by coming into direct contact with Mother Earth, she is imparting a portion of her magnetism and vital power.

We have statements of the soldiers in the South African war. I have spoken to many of them and they say that after having slept for long periods on the open veldt they felt better than ever in their lives before. This in spite of the frequent scarcity of the rations, and also of their inferior quality. Experiences in the Great War were of a similar nature.

## OUR LOVE OF TREES

Mother Nature does much to restore health to those who actually desire it, and attempt to get into harmony with her. I have often thought what a great thing it would be for people who have parks of huge trees, to build platforms and shelters amongst suitable trees, for sleeping and resting purposes. Steps could be built up to the platform, which could be just high enough to be close to the beautiful green foliage. I can imagine a no more restful place for an invalid.

This is a fashion I would like to see become universal all over the civilised world. It is impossible, of course, for people in poor circumstances but, to any one who can afford it, just imagine what a pleasant place on a hot summer's day! The rays of the sun on a scorching day have a much more healthful effect through the green foliage, and I am putting forth this idea in the hope that it will be of great benefit to those who use it.

After all, the trees are our natural home, and there is something that makes us instinctively love them. On a clear, still, moonlight night I know of nothing more lovely, than to be walking amongst trees with a friend or a mate. There is something protecting and enfolding about them that makes them our good friends. When we lose our liking for such things, we are getting out of harmony with Nature and it is time to beware.

While on this subject, I have read of the great

benefit derived by pregnant women who have made a daily habit of tree climbing. This exercise makes for easier and more painless delivery, apart from benefit in other ways.



## MODERN FOODS VIEWED IN THE LIGHT OF THE THEORY THAT THE FOOD ELEMENTS ARE ACCEPTABLE ONLY AS COMBINED BY NATURE

**WHITE FLOUR**—This being the most deadly and poisonous of our modern foods, it should head the list. It is obvious to us that, viewed in the light of our theory, white flour used in any form whatsoever is a hopeless outcast. Professor McCollum in *The Newer Knowledge of Nutrition*, states "If two pigeons are fed on whole wheat and bolted flour respectively, while a third is allowed to fast, the first will remain in a state of apparent health for several weeks, the second will lose weight and die earlier than the fasting one. The pigeon which is fed whole wheat will succumb in the course of time, for whole wheat is not a complete food. The pigeon which fasts, gradually wastes away, but slowly, because all the tissues decrease in volume and its physiological processes slow down. The bird which is fed on white flour dies earlier than the fasted one. . . . Its diet is so incomplete that there can be no repair of its wasted tissues, and it wears out more quickly."

Dr. Abramowski in *Eating for Health* shows us how he (very foolishly) experimented upon himself by living solely upon white bread for as long as he was able, and then upon wholemeal bread, and also upon no food at all. As in the case of McCollum's pigeons, the white bread was a bad last.

These results are only to be expected in the light of our theory, but the interesting point is that they show plainly just what really is occurring in the bodies of people who are living upon foods in which the sixteen elements are not combined by Nature. They, as a rule, may be longer in reaching the breaking point than when fed solely on white flour, but the wrong balance is slowly but surely overwhelming them.

Dr. Cutter of Harvard University, in the *American Weekly*, said, "What, in heaven's name are our public schools for? There is absolutely no excuse for such depraved ignorance. All scientific investigators agree as to the inferiority of white flour as a food. The teeth fall out, the bones soften and the muscles never develop, if it is depended upon to furnish nourishment for the body."

Bernarr McFadden made a vigorous onslaught upon this poisonous rubbish in *Strength from Eating*. In the chapter headed, "The White Bread Curse" he says "White bread, the American 'staff of life,' indeed! Why it is more like a staff of death. It is composed largely of the starchy part of the wheat. It is greatly deficient in the constituents essential in feeding the muscles, brain and bones. A large part of these valuable food elements have been removed, with the bran and shorts. But astounding as it may seem to a reasoning human being, this article of food is consumed from one end of the country to the other, and everywhere is looked upon as the 'staff of life.' Scones, pastry, cakes, puddings, and anything in which white flour is used, should be regarded as equally dangerous.

Professor Arnold Ehret, in *Mucusless Diet Healing System*, which in my opinion is the most valuable work of recent times on the question of food, shows

that diseased conditions are usually accompanied by a production of mucus. His thesis is that foods which produce a paste or sticky material are the means by which we encourage this mucus production. White flour, for instance, makes a splendid paste and meat will make glue. His idea that we gradually fill our bodies with this paste substance and that these slimy, mucus-like products of unnatural foods gather in the folds of the intestines, causing constipation, agrees thoroughly with the "toxin varnish" of Dr. H. Valentine Knaggs.

Dr. Knaggs shows that the villi of the intestines frequently become choked with this toxin varnish so that only the tips are extracting nutriment from the food as it passes. This is usually the case with those people who are unnaturally thin, although often large eaters. This sticky material in the intestines would naturally impede the progress of food wastage. Individuals with shiny skins are more or less saturated with this "toxin varnish."

Catarrhs, consumption and so on are some of Nature's methods of ridding the body of these substances. Arthritis is the hardening of this substance in the joints, as it has been unable to find an exit from the blood. Starchy substances such as the cereal or grain foods produce this paste, slime, mucus, or toxin varnish, and for this additional reason white flour must be shunned.

**OATMEAL AND OTHER PORRIDGES, REFINED AND UNREFINED**—While there is not so much objection to coarse oatmeal and other grains, as to the more refined foods, they cannot be classed as good foods. In a natural state they are unappetizing and have to be altered, disguised, and seasoned before becoming acceptable to our palates.

Professor Mellanby experimentally shows that

cereals, and especially oatmeal, tend to the production of badly formed teeth. He also shows that certain food stuffs independently of their effect on growth, actually prevent calcification in growing animals, causing rickets, etc., and cereals have this anti-calcification effect to varying degrees. Of those examined, oatmeal is the worst, although, of course, this result will be rather unpopular North of the Tweed. Singularly enough, oatmeal, which contains more calcium and phosphorus than the other cereals, opposes most strongly the retention of those elements in the body in the form of calcium phosphate in bone. Professor Mellanby further points out that this appears to be best explained by assuming that there is, in cereals, a substance or substances, actively preventing bone calcification by counteracting in some way the vitamin A.

Professor McCollum is close to the truth when he agrees that cereals are imperfect foods by themselves and require the green leaves to make up their deficiencies. This decrying of her beloved porridge will be somewhat of a shock to the average mother, who fondly believes that the plate of porridge in the morning is building her children's bodies and providing them with all the strength and stamina necessary. Starch has to be transformed into grape sugar before being assimilated by the body, so instead of giving a food which causes positively injurious results and, moreover, overworking the digestive organs, why not give the fruits in which the sugars are all ready in a perfect form and in perfect combination with other elements, to be assimilated by the body. Starchy cereal foods, as we have seen, are responsible for the hardening and unnatural growth of the unborn babe! They are largely responsible for that premature stiffness

and the hardening of the arteries which occurs in our premature old age. They are also responsible for catarrhs, and lung and bronchial deterioration, premature shortage of breath, and inability to run, as shown by Dr. Josiah Oldfield in *The Raisin Cure*, together with intestinal trouble of all descriptions. We perceive the place that oatmeal has had in the formation of the well-known characteristics of the Scotch race when we read the observations of S. Rowbotham on the cereal eaters. He states, "Persons of a dull cadaverous appearance, with harsh, rough skins, who are thin and bony, and continually troubled with some complaint or other, I have always found to be greatly attached to cereals. Heavy, clumsy persons, whose movements—when they do move—are stiff and awkward; and among children, the dull, heavy ill-tempered ones, are mostly great eaters of solid grain foods."

**WHOLEMEAL WHEAT BREAD**—More or less the same remarks apply to this food as to oatmeal. The addition of yeast, salt and other substances to the bread does not comply with our ideas of Nature's combination of the elements. It is very difficult, however, to get children to eat green vegetables, such as lettuce, spring onions, raw spinach, etc., without a slice or two of wholemeal bread and nut butter, so I must admit that with one meal per day—our vegetable meal—we indulge in this, to us, wrong article of food. It should be cut down to an absolute minimum, the best way being to cut two slices from the loaf for each person as their share for the meal. Wholemeal, will of course, sustain life for a long period, especially in conjunction with plenty of green leafy foods, but objections to it are very numerous, as shown.

**REFINED WHITE SUGAR**—Here we have another example of a food that does not feed, but surely poisons. McCann says that America has become a nation of sugar hogs, but the other countries are not far behind her. In *The Science of Eating*, this forceful writer states, "Sugar is 'purified' fuel burned in the tissues without contributing any of the salts, vitamins, biochemic reactions, building or repair material indispensable to health. The end products of its combustion are acids. In our excessive consumption of refined foodstuffs, we are bombarding the entire nation's defence against disease; and refined sugar, heaviest of the artillery, is rapidly breaking down our resistance against those enemies of the human family, anæmia, tuberculosis, pneumonia, heart disease and diabetes." And I would add cancer. Joslin, whose work on the disturbance of sugar nutrition is now accepted as an authority in the United States, declares that, in that country, there are not far from 500,000 individuals who either have diabetes, or are now destined to have diabetes before they die. McCann further states: "Refined sugar and refined starch have been U-boating the stamina of America. For a long time they did their work without leaving a trace. Scientists scratched their heads and puzzled over the facts which they did not understand. But to-day the nature of sugar and the diseases that flow from its consumption are better understood." It is difficult to say just how far this terrible curse does go in the causation of disease. It has increased in favour concurrently with the increase in the incidence of cancer, and who knows but that its mineral-hungry nature is responsible for the subtraction from the cells of some necessary minerals which allow the cancer to get the upper hand. Sugar

has had its mineral substances removed, and is merely a refined chemical substance, as we know it. It has a particular affinity for lime as the following experiment will show. If we mix lime with water a certain amount of the lime will be absorbed, but if we previously stir sugar into the water about 85 times the quantity of lime will be absorbed. Thus, according to McCann, there can be no question as to sugar being a great culprit as to the weakened bone structure nowadays, and also in the terrible prevalence of tooth decay. Pages of warning have been written of the awful evils of confectionery, or of any substance in which sugar is included in any way whatsoever, such as in jam, cakes, etc. There should be no compromise as far as sugar is concerned, and it should be completely and absolutely banished from the household. Pardon me, however, now I think of it ; because of its mineral-hungry nature, sugar is often beneficial when used in a hot bath of about 104 degrees for persons who have an excess of mineral matter in the pores of the body—but internally it should never be used.

**RICE**—Also in the same category. The arguments against polished rice are those applicable to white flour, and the beri beri which is caused by the consumption of this food first drew the attention of early investigators, such as Eijkman, to the vitamin. Unpolished rice is of course better, but it falls in the same category as other whole grains. Rice makes a first-class paste.

**MILK**—The arguments for and against milk have been numerous. We have heard all manner of objections, both mechanical and from a nutrition standpoint, and we also have pages of admiration and praise. In the light of our theory milk cannot

be regarded as an ideal food by any means. We only want the sixteen elements, and prefer them in Nature's combinations—not the cows'. Milk varies from one season to another and from one cow to another. If the animal is diseased, the milk is varied and apart from considerations of contamination, etc., I personally prefer my elements as Nature combines them. Then again the calf requires its elements possibly in different combinations to ours, and while the cow's milk must be ideal for the calf's body, that is no reason why it should be ideal for ours. Another consideration is the unnatural production of milk. Animals are meant to be in milk for only sufficient time to enable the young to obtain its true and proper foods. Our cows are all more or less weakened by this unnatural feeding, and milking, and that is the reason why tuberculosis and other diseases are so prevalent amongst them. Cow's milk is notoriously deficient in certain minerals, and although we read of human beings who have suffered serious injury, and are unable to partake of solid foods, living on milk for 30 or 40 years, it is a makeshift sort of existence, and there must be deficiencies and weaknesses somewhere. Of course a mono milk diet may appear to do an immense amount of good at times, for the simple reason that we stop the ingestion of starchy foods, meat and other injurious substances, and allow the body to get rid of the waste products of these foods. The same argument applies to the Salisbury treatment, which consists of a diet of lean meat and hot water. There is no place for milk in my dietary, as it fails to combine with other foods to the best advantage, and besides, as previously stated, I prefer my sixteen elements from Nature instead of relying on the varying internal organs of a cow to give them to me.



**BUTTER, CREAM AND CHEESE**—We must class these as one degree (?) worse still than milk, because they are merely a portion of the milk from the cow, and whatever good there may be in milk, it is lessened just so much as part of the elements are extracted. If whole milk is not an ideal food, it is easy to see that part of it is worse still. Salt and often other unnatural substances are added to the butter and therefore it is rendered more injurious. Butter has certain mechanical weaknesses as a food, so far as digestion is concerned, and it cannot be recommended.

**MEAT**—This subject has been argued *ad lib* by writer after writer, and the pros and cons have been well discussed. While admitting the possibility of a certain amount of health being maintained on a diet consisting largely of meat, it is impossible to argue against our anatomy and the constipating and putrefaction effects of meat. Our intestines are without a shadow of doubt unfitted for the task of handling flesh, and especially cooked meat. I would not quarrel so much with a man who, defying all his natural instincts, seizes his prey, kills it, sucks the blood while warm, eats what he requires of the flesh and glandular organs and then gnaws the soft bones. To obtain all the sixteen elements I suppose one should really eat the hair or fur or feathers, not to mention the feet or hoofs. There can be no argument in favour of cooked meat, however, that will stand the test of logic and facts. Let us read from Hereward Carrington in *The Natural Food of Man*. "When an animal is killed in any manner it does not instantly die. It loses consciousness, its heart ceases to beat, its conscious and somatic life end, but its tissues still continue to live for several hours in the case of warm-blooded

animals, for several days in the case of cold-blooded animals like the snake and turtle. During the time which elapses between death so-called, and the actual death of the cells and tissues of the body, the activity of the animal tissues consumes the soluble food material which is in contact with those cells and tissues—at the same time continuing to produce those waste substances which, during life, are rapidly removed from the body through the kidneys, lungs, and other excretory organs. It is by the accumulation of these poisons after death that the tissues are killed.” We need quote no further. While meat has been lauded to the skies by some shallow thinking and obviously easily answered enthusiasts, no one yet has been able to answer the statements of Dr. Haig, whose close investigations yielded such remarkable and far-reaching results. The Salisbury diet, as before mentioned, will often cure rheumatic conditions, but this is only because the evil results of starches, refined sugars, tea and coffee, fats, condiments, etc., etc., are allowed to leave the system. We are merely getting rid of one set of poisons and putting others, probably less injurious at the moment, into the body. Experience also shows us the harmful nature of meat eating. For endurance and staying power, vegetarians invariably beat the meat eaters, and even the lion, a prominent exponent of the meat eating principles, has little endurance, its lungs being remarkably weak. It can run faster than a man and keep pace with a speedy horse, but only for a short period. The arguments against meat eating are overwhelming, and cooked animal flesh, especially in the light of our theory, cannot possibly supply us with the sixteen elements in Nature’s

combinations. Chemistry, anatomy, instinct and experience are all against this disgusting habit.

**COOKED VEGETABLES**—Any vegetables which require to be cooked before being eaten, fall amongst the banned articles of food so far as we are concerned. Cooking merely alters the chemical combinations and the structure of the vegetables so treated. Conservatively-cooked, and the juice kept and partaken of, we will admit that all the elements are there, but the combinations must be seriously altered and changed. Nature's combinations are so delicate and so finely adjusted that it should be readily seen that the heat to which we subject the food is completely altering the character of their combinations, besides destroying the living factor which is such an important feature. There is magnetism and electrical nature in all life, which is also totally destroyed. A cooked lettuce is a dead thing, whereas a few moments before it was full of life-giving properties.

**TEA, COFFEE AND COCOA**—It seems hardly necessary to include these poisonous substances in our list of foods. The subject of toxic drinks has been so well discussed that nobody of note has a good word to say for these poisons. Dr. Haig conclusively proved the uric acid-producing properties of these drinks. Tea, of course, is merely a drug—several drugs as a matter of fact. Persons who have allowed these drugs to get the better of them cannot do better than immediately cast all their stock of tea, coffee, etc., into the rubbish tin and abandon the habit immediately. Doctor J. H. Tilden, in *Food*, Vol. II, says, "I do not have much to say about tea and never recommend it. The use of tea favours the development of stone in the kidneys, gall, bladder, and other parts of the body.

It favours hardening of the arteries—indeed helps to bring on premature ageing and all diseases peculiar to old age.”

**ALCOHOL, TOBACCO, OPIUM, MORPHIA, etc.**—No sane man can possibly defend the unfortunate, not to say suicidal, custom of filling the body with these poisons.

**SALT**—This substance is not accepted by the cells of the body. One notices that after partaking of anything salty we become thirsty. This is nature's effort to cleanse and counteract the evil. Dr. J. H. Tilden says, “Salt in the system may be there as a foreign element not accepted as a chemical constituent of cell building. . . . The blood remains dysemic—lacking in the salt element—unless salt be furnished in an organic state, as found in fruit and vegetables.” That salt is one of the worst articles of food for a person subject to uric acid and rheumatic troubles is shown by many writers. Dr. Bridger, in *The Demon of Dyspepsia*, explains how, because of a broken down liver, the incompletely digested albumen gets into the blood in the form of uric acid. He states: “No sooner is the uric acid in the blood than, in obedience to a chemical law, it seeks for an alkali. Now the alkali which is most prominent by its presence in the blood is chloride of sodium (common salt), and forthwith the uric acid unites with the alkali and forms urate of sodium. This salt, unlike the urea, which is very soluble, requires 8,000 times its weight of water for perfect solution, and the powers which the kidneys possess of dealing with it being limited, it collects in the blood, depositing in sharp crystals in certain joints and other parts of the body.” Salt is a most insidious destroyer of the human body. Obesity is one of the penalties of salt eating because, by its

nature, salt collects quantities of water, which is only Nature's saving effort to prevent the salt from pickling the body.

**MANUFACTURED FOODS OF ALL DESCRIPTIONS —**  
As I have never yet heard of a manufacturing firm being clever enough to compete with Nature either in the combination of foodstuffs, or in providing digestive organs with which to handle the foodstuffs, we can safely omit any such articles of diet from our menu. Anything which has been altered by man in any way whatsoever fails to conform to our strict rules.

## EXPERIENCES OF THE AUTHOR'S FAMILY

As the experiences of my own family possibly approximate to those of the average man in the street, I will try to relate them in detail.

I was married at an early age, my wife being of a similar age. At this period my wife suffered from skin trouble, which I can now see was the effort of the body to throw off its encumbrance of foreign matters while she still had the vitality. Later the active skin trouble disappeared, which, we can now see, was because the vitality became lowered, causing the impurities to settle internally. Her troubles were developing from the acute to the chronic stage in other words. We had our three children in the first four years.

When married, and until the age of about twenty-five, I was of a slim build, and possessed a very clear complexion, although I had had numerous illnesses earlier. At the age of two I almost died, with severe congestion of the lungs, but my parents tell me that an operation, taking away a quantity of water, when at death's door, saved my life. After recovering from this illness, I developed a stammer, and stuttered terribly. I also became what my mother used to call piebald. I had brown and white patches all over my body, so much so that I would never go swimming with other boys. This was probably caused by defective functioning of the supra-renal glands. All this

trouble I have now traced to vaccination, and there is no way of ascertaining the number of children murdered or ruined in early life through this foul practice. One feels inclined to stigmatise Jenner, the originator of this ridiculous idea, as one of the arch fiends of history. The £40,000 he obtained from the British Government was surely blood money.

We kept our children from meat eating, and also from tea and coffee drinking, etc., but unfortunately we had the idea of the average person that lettuce, fruit, etc., were mostly water and were medicines rather than foods. Therefore our children were well crammed with milk, eggs, cereals, and mostly cooked vegetables, such as potatoes. For ourselves, we let our tastes sway us, and partook of any rubbish we fancied, our diet being the usual bacon and eggs, the usual meats and cooked vegetables, and the usual tea. My wife had a small appetite as a rule, although she would enjoy a proverbial square meal occasionally. For the rest she would have a slice of toast (white bread) and tea, and probably some left overs in the middle of the day, and some more tea later, the usual programme of so many wives.

From the age of twenty-five I began to put on weight, and from being ten stone ten pounds at twenty-one years, I was a little over fifteen stone at thirty, my height being five feet ten inches. I have frequently heard impudent children call me "Fatty Arbuckle." As this fat accumulated, I became more and more susceptible to colds, influenza, etc., and I also had pneumonia, still thinking as the average man does, that these things could not be helped, and were natural. I also found patches on the hair of my face, which on account of the brown patches on the skin I failed to notice at first. I discovered

that they were caused by Alopecia Areata, which means baldness in areas, and that I was liable to lose all my hair. I asked eight doctors if they knew anything about this disease, but, as is often the case, they knew nothing. I tried violet-rays and massage at a so-called beauty parlour, but everything I did was useless—of course—and I was only fortunate that in my case it appeared to spread very slowly, leaving patches in the hair and on the skin. An attack of piles caused me much pain and I knew my liver was not of the best. For instance, if I took pepper, of which I was very fond, I shortly felt a pain in the region of the liver. I also had the idea there was something wrong with my kidneys or bladder.

My father and mother and all my brothers and sister had nasal catarrh, and it was particularly bad in my case. I was operated on for polypi, and the specialist said he dragged out large masses. I am certain they would have returned if we had not changed our methods of living shortly afterwards. The catarrh was something abominable and too disgusting for words. As polypi, catarrhs, etc., are often more or less allied to, and part of the condition precedent to cancerous growths, I suspect that, if I had not mended my ways, I was prematurely well on the road to that fate of one in four of our number that reaches the age of forty-five.

In fact I was the picture of health according to the present foolish standards, but was really a walking mass of filth and disease. I ate very heartily at my meals, and I can see now that Nature was doing her best to exterminate me as useless matter whose best use would be to manure the earth.

My wife had had attacks of sciatica on and off



for years, and was always tired, except for a nervous spasm of energy occasionally, when she would work hard for awhile and be more tired afterwards. Life was not a very pleasant affair for either of us, as can be imagined.

At the age of thirty-three the climax came, as was only to be expected, and I thought I was certain to lose my wife. She had a bad attack of the uric acid trouble, the sciatica being very painful. We were told that glands in the neck were tuberculous, and worst of all, the doctor said a tubercular condition existed somewhere in the region of the stomach. She seemed just about finished with this life. However, a curtain was lifted from before my eyes and I determined to save her, as I could see the doctors were helpless. The tonsils were in a bad condition and the doctors removed them, whether right or wrong, and I sent her to the country and the seaside for a holiday. There was no improvement, and I got to work to find out all I possibly could about uric acid. I started with a book on *Gout*, by Doctor Luff, and read about sodium quadriurate, and sodium buirate, and spinach, etc., and will always have a great reverence for this earnest and careful investigator. I then rapidly went through some of the famous Dr. Alexander Haig's works, and those of Cantanni, Dr. Salisbury, etc. Previously, at the age of fifteen, I became converted to vegetarianism and lived in this manner for over a year, but after marriage, although as stated, I kept the children vegetarians, I gave in to my wife's prejudices, and slipped into the ordinary grooves. It was easy for me now to make the whole household vegetarian. I will admit that being a large eater, I felt the same cravings for meat that Dr. Abramowski describes in *Eating for*

*Health.* But I was desperately anxious to keep my wife, so I was forced to become the leader, and show the example. At first we ate cooked vegetables, and I ordered cream every morning for my wife, making her take porridge and cream. I also made her partake of raw eggs and milk occasionally, trying to build her up as I thought. I can see now that I was merely filling her up—with toxins and poisons. One morning a little later I received an urgent message to go home and get a doctor, as my wife had collapsed. The doctor told me that he could feel no trace of a growth in the stomach, which was where the pain seemed to be, but I could see from his manner that he thought that possibly cancer was developing. He did not alarm me unduly, and said that she would get over this attack in a day or two, and we would wait for developments.

I determined to read on the cancer problem also, you may rest assured. Improvement showed in my wife's condition and gradually by diligent reading, observation and cogitation I discovered objections to first one form of food and then another. I studied book after book of conflicting nonsense and gave myself headaches with all the useless rubbish of learned professors who talked of proteins, carbo-hydrates, fats, and calories. I came to the conclusion that as horses can live splendidly on grasses, and elephants live on vegetation, the proteins and calories must be in these foods, if only one could abstract them and eat sufficient. From most of the books I read, whether right or wrong, I obtained some piece of valuable information and gradually arrived at our present dietary, which I think is very hard to improve upon under our modern conditions. I also discovered the true nature of

disease, *via* Louis Kuhne, Dr. Haig, Dr. Densmore, Adolph Just, Dr. Tyrrell, Dr. Dewey, Dr. Valentine Knaggs, Dr. Abramowski, Dr. Gully, Smedley, Professor Arnold Ehret, Dr. Lindlahr, Dr. J. H. Tilden, Bernarr McFadden, Dr. Robert Bell and many others. All these writers, and dozens more are worthy of monuments however wrong some of their views may have been.

It was very often a great effort to abandon some article of diet to which we had become accustomed and attached. Meat and tea were difficult, but uric acid experts were unanimous as to the poisons contained in these articles of diet. The substitution of wholemeal bread for white was quite an easy matter, because, after the first few days no member of the household could be induced to touch the white bread. It tasted insipid and rubbishy. White sugar was not hard to dispense with, as we substituted brown for a time, until we dispensed with the sugar altogether. The elimination of porridges, of which we were very fond, and eggs, was a sad blow, but the good results were apparent.

Although more interested in my wife's welfare, and carefully watching the effect on her of each improvement in our dietary, I found that my own health was improving in a remarkable manner. My burden of fat was disappearing, that perpetual tired feeling was giving way to a return of my youthful energy and vigor. People who noticed my decreasing bulk commiserated and asked me if I was ill, and I had some difficulty in convincing them that on the contrary I had been ill, but was now recovering. Many merely shook their heads significantly and advised me to be careful. It is wonderful how the average man measures his health by his bulk.

As our diet improved in quality I could see that the dangerous state of my wife's health was passed. She improved slowly but perceptibly, and the final result has been that my wife is now a rejuvenated woman. She is full of energy and vigor and rarely feels tired. An hour or two after our evening meal, we frequently go to a neighbouring park and run until we perspire, and then go home to bath and bed. We do these things not because we think we ought, but because we want to—there is an impelling force, and desire from within, which is put there by the vital and living nature of our foods. All my wife's worries have disappeared. We are as happy as the day is long. For myself I have lost about a quarter of my old self and am now a little over eleven stone. I feel like a boy of sixteen and have lost my wonderful ability to catch colds and other complaints. We never have things like that in my house nowadays. My children, who had colds and coughs all the winter when fed on cereals, eggs, milk and cooked, vegetables now never have colds or any other complaints whatsoever. They are losing every symptom of morbid matter, as per Louis Kuhne, and we are well on the road to establishing perfect health and happiness.

The patches of Alopecia Acreata on my face are closing in and have almost disappeared. I was going somewhat bald around the temples and this has been arrested. The hair is coming back and grows thickly. My teeth, which were terribly rotten, and are well filled have ceased to trouble me, and I would hardly know my old and much used friend, the dentist, if I saw him in the street. My nasal catarrh, which was positively disgusting, has now almost gone, and I have no doubt will completely disappear shortly. My mental vision

has cleared immensely, and the kidney or bladder trouble, and the constipation, with occasional spasms of diarrhoea, that I suffered from, have all gone. The feeling of collapse that I used to get on running up, or even walking up, stairs has disappeared, and I enjoy running up any amount of steps.

An adopted girl cousin, now aged twenty-one, and who was subject to cold and clammy hands, had a sallow complexion, a goitre, and frequently suffered from bilious attacks, etc., is now free of all these troubles, and is as fit and energetic as the rest of us.

My young daughter, who had headaches on an average about three times per week, lost all her headaches from the time we abandoned the morning porridge. My eldest son, now aged sixteen years, has had nasal catarrh and two operations for tonsils, I am sorry to have to say, but his catarrh has disappeared. Whereas on the cereal, milk, egg, sugar and cooked vegetable diet, my children all had whooping cough, measles, chicken-pox, mumps, a croupy cough every winter, enlarged tonsils, adenoids, etc., they now do not even have colds, and I am certain that if I had inaugurated their present dietary when first able to do so they would have had none of these so-called natural illnesses. The large quantity of milk in their diet has given them sufficient lime to build up and keep perfectly healthy teeth. It is a delight to look into their mouths and it is very rarely nowadays that we see three such beautiful sets of teeth, but this has been more through luck than good guidance. The cereals and sugar they have consumed would have given them, if it had not been for the milk, the usual decayed teeth so universal amongst civilised chil-

dren. The combination of the milk and starches caused many other troubles no doubt, but at least they kept their teeth.

Encouraged by our experiences, and by the newspaper correspondence I have engaged in, many others have tried our methods, and the results have been most happy. Some cases have been positively remarkable. One discouraging feature of our dietary, however, is that it is so drastic and cleansing, that after feeling better for the first few days, new disciples are apt to have bad turns such as diarrhœa, depression, weakness, bilious attacks, etc. This is easily explained, of course, as the attacks are caused by expelling efforts on the part of the body. The diet is cleansing the tissues, and rushing the impurities into the blood. These symptoms are signs that good work is being accomplished, and instead of being discouraged, perseverance should be encouraged and will be rewarded.

A young lady who had been in the hands of numerous doctors for various painful diseases, decided as a last resort to follow our dietary. She was blind in one eye, having been told by two eye specialists that she would never see again with that eye and that great care should be taken or the other eye would lose its sight. Within a month of strictly following the diet and taking two of Kuhne's friction hip baths per day, the sight was restored to the blind eye sufficiently for her to distinguish colours and the outlines of objects. Within six weeks she could distinguish spots on cards and now does not regard herself as blind at all.

A consumptive who had been strongly advised to enter the sanatorium, but for economic reasons could not do so, and was attempting to keep on with his daily work, came to me for advice as to

diet. He was following the advice of the authorities, and was cramming himself with stimulating foods, with the result that he was becoming weaker and weaker. He decided to follow my advice, and gradually became stronger and more energetic, and must now be regarded as cured. His gratitude is a great compensation to us.

These cases are typical of those with which we have come in contact, and we are continually meeting with grateful people, who have heard of our methods, and followed them more or less with most beneficial results.

Pregnant women and nursing mothers have experienced wonderful differences, in the cases of those who have previously borne children, and have then become mothers while following our régime. Cases of apparently barren women becoming the mothers of bonny babies after living on our dietary have occurred. What is more, in many instances I have in mind there were no troubles of any description, and although some of the mothers were of a particularly flat-chested type, there was ample milk for the baby.

A mother with a daughter suffering from pernicious anæmia, and apparently in a hopeless condition, is now a most grateful enthusiast. The girl is in splendid health. Mucus colitis, uric acid troubles, and various diseases too numerous to mention, have been cured by sufferers who have had the will power and determination to follow our advice, and to fight for their own lives.

As a result of our efforts, a public meeting was held, and we formed a League which we named "The New Zealand Food Reform and Anti-Cancer League." Much valuable propaganda work has been done, and a branch of the League has been

formed in Auckland, the largest New Zealand town. Several Medicos have given invaluable assistance, Doctor H. T. J. Thacker, B.A., M.B.C.M., F.R.C.S., late mayor of Christchurch, and Dr. W. Hamilton Simpson, M.D., Edin., D.P.H., having been of great service.

Most encouraging letters have been received from several distant world-famous men, such as Sir W. Arbuthnot Lane, Mr. J. Ellis Barker, Bernarr McFadden, Dr. Benedict Lust. Dr. James Booth of Melbourne has enquired for particulars of our League, with a view to organising a similar League in Melbourne. Sir James Gunson, Mayor of Auckland has written a most appreciative letter to Dr. Thacker, President of the League.

The name "Anti-Cancer" was used at the suggestion of Sir W. Arbuthnot Lane in the preface to Mr. J. Ellis Barker's great book on *Cancer*.

I took it upon myself to issue a fortnightly paper called the *Green Leaf* under the auspices of our League, and the movement so inaugurated, has already in a short time made its mark, not only upon our community, but upon the outside world.

In conclusion, I will reprint an interview which appeared in one of our local dailies of January 28rd, 1925. The doctor in question is Dr. W. Hamilton Simpson of our League, who became converted to my views regarding diet, and decided to put them to the test, with the following results. It would be as well to add that Dr. Simpson was our family doctor in the days when we needed one, and attended my wife when at her worst. He is a valued friend, as well as medical adviser, and our wonderful experiences aroused his interest and support for our movement.

"Some remarkable results in the treatment of



consumption by a diet of fruit and green vegetables have been obtained by a leading Christchurch medical man, who was interviewed by a *Lyttelton Times* reporter yesterday.

"He stated that he had several patients who had been given up by the Cashmere Sanatorium and also given up by other doctors as beyond all aid. When they came to him he put them on the absolute starvation at first and afterwards put them wholly on to a fruit and vegetable diet, mostly uncooked. In this way he had got some wonderful results with patients who were thought to be beyond all hope of relief. Although so far as he could see there was no hope of curing these patients entirely, they were getting along and enjoying life, and for invalids, feeling jolly well indeed.

"The doctor added that everything had been done without any drugging whatever, but on a diet of fruit and green vegetables after a fast lasting for about a week. This method of treatment was quite contrary to the accepted theory, which was to give patients a stuffed diet. Nature sometimes cured tuberculosis by depositing calcium or lime in the tissues. Doctors usually gave lime to their patients in an inorganic form, which was not a bit of good from a medicinal point of view. The way to give lime was in the organic form par excellence, such as spinach (uncooked) and celery. He prescribed for his T.B. patients as much spinach, celery, lettuce and other uncooked green vegetables as they could tolerate."

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